

Tribhuvan University

Use of Logotherapy in Françoise Leclerc's *Hector and the Search for Happiness*

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Submitted by

Dharmee Bhusal

T.U. Registration: 9-2-29-2405-2006

Symbol No: 282285

Faculty of Humanity and Social Sciences

University Campus

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Tribhuvan University  
Faculty of Humanities and Social Sciences,  
Central Department of English  
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Letter of Approval

This thesis entitled “Use of Logotherapy in Francoise Lelord *Hector and the Search for Happiness*” submitted to the Central Department of English, Tribhuvan University by Ms. Dharmee Bhusal has been approved by the undersigned members of research committee.

Members of research committee

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Internal examiner

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\_\_\_\_\_

External examiner

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\_\_\_\_\_

Head

\_\_\_\_\_

Central Department of English

Date: \_\_\_\_\_

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## Abstract

This research titled “Use of Logotherapy in Françoise Leclercq and *Hector and the Search for Happiness*” explores how experiences and advancement in knowledge help an individual overcome one’s difficulties and develop coping mechanism. The study focuses on the fact that when people are denied of justice, and stay away from accomplishment, they begin to feel unhappy. Taking theoretical ideas on logotherapy as proposed by Victor Frankl, this research sheds light on substantial realization of Hector and his perception of happiness in his own environment. From the beginning Hector’s freedom of will is used, next the fear to death, gain the knowledge about economic value in poverty and crisis, and enlighten by the situation. The research finally reveals that happiness dwells around us. It can be within our own awakening of thought, moral leanings and recognizing more than every day routine but one need to celebrate life with joy.

Keywords: Logotherapy, Existential Crisis, Freedom to will, will to Meaning, Meaning to life, Enlightenment, Happiness

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