

Francoise Lelord's *Hector and the Search for Happiness* and Logotherapy

*Hector and the Search for the Happiness* is Francoise Lelord's first novel with the reformative behavior in Hector and the settled of other's culture through his character's story. In this paper I want to have more in specific in research about abstract happiness in a way to find-out the research aims, objectives and its significance with-in a study. The aim of my research study is to see how the novelist showing each singles of the upper class in questing for happiness. I will sum-up them in general perspectives. And help to bring the quest's founding concepts pour by Francois Lelord in the text with artistic feature. The objective of doing research is to recognize Hector's searching for happiness and its necessary points comprehensively and analysis each in its sections. The significance of the study is to re-write focusing the positive valences and find out likings in the text, research the causes behind it. Here, I will go forward through the pouring the supportive idea from the very beginning through sharing its aims, objective and significance. In the second section I will discuss the necessary logotherapy methodology relevance and its reflection in-between the actions did held participating for questing happiness with the major and supportive characters, seeing in-differently among the wide textual research. Through, having theoretical study of the research and making conclusion I hope it can be effective and helpful to the research readers.

Here, the purposed research study is of Francoise Lelord, first fiction novel, *Hector and the Search for Happiness* firstly written and come 2002 A.D. And translated and published in 2010 authoritatively and goes to screen play in 2014. It is with the British world's community background where people well satisfied and treated by the good governance and healthy environment. As text described that if their children are ill, the entire take care system was free, showing cinema, museum,

swimming, drinking available well. People could watch different news channels, newspapers; journalists were free to write almost whatever they wanted.

Hector is the main character for the novel as well the hero who used to see the patients as a good psychiatrist. But later, he could not make people happy anymore. Adeline, his patient whom Hector sees quite often, she asked if he is good or healthy. She tries to show some possibilities, what could be happen if he goes to holiday? It feels he doubts himself that if he is trying to make people happy or could not make succession on it. Hector began to wondering whether he did not attract particular type of patient like Roger who is taking medicine or forgetting every day. His colleagues looked at him with like real disorder, silly questions. It was not like that but they also saw a lot of people who were dissatisfied with their lives and being unhappy. The Patient told to Hector they did not have success than him. They better wanted to see other psychiatrists. Françoise writes:

Hector didn't know what to make of it.

He wasn't just successful because he knew how to listen to the people. He also knew all the tricks of his trade. First of all, he knew how to answer a question with another question. For example, when people asked him, do you think I'm going to get better, Doctor?' He would reply: what does "getting better" mean to you? (2)

Hector felt that he was not helping unhappy people anymore. He was found it more and more of a strain, unhappy. He began to ask himself whether he was happy with this job.

He even thought about taking pills himself but on reflection that it was not good solution. LeLond writes:

One day Madame Irina said to him, 'Doctor, I can see that you're very tired,' 'you should take holiday, you seem so tired, and it would do you good.' Hector thought that this was a good idea: why didn't he go on holiday? But being a conscientious young man he would plan his holiday so that it would help him to become a better psychiatrist. (7)

And he decided to take a trip around the world, and he went everywhere he would try to understand what made people happy or unhappy. That way, he told himself, if there was a secret of happiness, he had been sure to find it. In between the sickness of the capitalistic crowd, Hector used to see the unhappy patients, take care of them but there was vacant for him for seeing the Hector's own situation psychologically. Hector could not feel happy enough because there were no any lacks and limitations in their world everything was available there for them. To see the distinguish situation, experience and doing action helpful for there but could not practice happiness by their internal cause they could find it. To whom Hector used to see for their illness, lacks in health but he himself felt uneasy; was his doubt that's why he needs to go for journey. Francoise LeLorain writes: "Hector was not satisfied himself, even though he thought he looked just like a real psychiatrist: he knew how to listen people sympathetically, saying 'mmm', he even had a little moustache, which he twirled when he was thinking very hard"(1).

By the time, day, weeks and month were running but yet Hector was feeling dissatisfied. He felt dissatisfied but before he could see perfectly reading people's psychology well that time he could not make people happy. Including his beloved Clara and his patients, shared about flying for his holiday. In the beginning, when Hector was telling the truth to Clara about he is going to have flight he realizes discovering two things. In the un-beginning journey of Victor Francoise views by the Hector as: "The

first realization is ‘Women are very complicated, even if you’re psychiatrist’. The second one is it would be very useful to him during his investigation: you must be careful when you ask people whether they are happy; it’s a question that can upset them a great deal” (10).

So, Francoise told the same lifestyle and activities became beginning why and how he started his searching for happiness journey. It sees the everyday in developed nations usual routine of them often become possible cause to go for making journey. It is also because of; he was a psychiatrist doctor as well as having good capital and co-habiting girlfriend where he could not feel any lacking in his life. In the point of finding happiness Jason Buchanan reviews:

Everyone has his or her own unique perception of what it means to find “happiness,” and while that near-infinite spectrum alone makes defining that word elusive, the fact remains that there’s rarely any doubt when we fail to achieve it. In his whimsical adventure *Hector and the Search for Happiness*, an eccentric psychiatrist embarks on an epic journey to find his own unique definition of happiness. In precisely, it’s bound to have cynical critics straining their snark muscles in dismissive scorn. (123)

*Hector and the Search for Happiness* means steering clear of a supremely novel tells the story of a British therapist who upends his comfortable lifestyle and travels the world looking for the secret to inner joy, like, love remake for men with too much time, money and existential ennui. It takes a particularly tone-deaf to begin with an ostensible critique of bourgeois white-male privilege, only to wind up reaffirming it in every particular, but that’s the traps that *Hector and the search for happiness* stumbles into again and again. Every non-Westerner Hector encounters is either a simple-

minded saint or soul-lost, trotted out for a few beats to impart a life lesson or receive one.

The ideal way to use of comic man is a reliably brilliant that manages a few engaging moments in the novel, but never gets a grip on a character who must transform without warning into a bumbling idiot, a tantrum thrower, a sensitive caretaker or an emotionally stunted man-child, depending on the curiosity of an individual.

Hector's long-suffering which makes also the significance to others to learn. Of all the bad ideas floating around in this casually racist, sexist claptrap, perhaps the most noxious is the notion that true fulfillment means a supportive wife with a bun in the oven, as Clara's own happiness hinges on her belated realization that until she's a mother, she's nothing which makes injustice to her. Incidentally, Clara, the much-anticipated gone girl in which she is a woman stuck in an increasingly oppressive marriage, but it's hard to imagine in which this could possibly look more mistreated, marginalized and in need of an escape plan than this one.

Lelordis one of the distinguished novelists of post-modern writing, who raises voice against unhappiness and endeavored to place of love and happiness in the position of modern man. He is known as proletariats for his advocacy for all human rights to be happy and their higher social dignity. He challenges the different level of difficult situation for being alive at the same time bear suffering for self existential crisis, exploitation and domination over and assaults on orthodox and the practices for using their politics of power to money suppressing in the society. He claims that unhappiness is only way to move to couch, behave, but equally to drive happiness in the society. He revolts against the corrupt man for their power-seeking nature and condemns them for their snobbishness and wasting to their country. He wants to strengthen by provoking

in notes of community providing them the concealing role of the 'heroes' in his novels. So his novels are not only the medium of comedy to entertain readers but also the means to reform the society. In short, his novels are too reflected psychiatric thoughts substituted to the study of doctor, businessman, patients, particularly with a focus on the difficult life of the new modern people.

In 1989 Francoise opened up his own practice which he closed down in 1996 to work as an advisor on stress and job satisfaction for several companies. Having co-written various self-help books, he was commissioned to produce another but found himself instead writing a novel, '*Hector and the Search for Happiness*' is published in 9<sup>th</sup> July 2010, which is the first in a series of adventures featuring a psychiatrist protagonist. In 2004, Lelord went to work for an NGO in Hanoi and Ho Chi Minh City. He now lives in Thailand with his wife and son. His Novel comes to the film of *Hector and the Search for Happiness* released in UK cinemas in August 2014.

In *Hector and the Search for Happiness*, Hector is a talented psychiatrist, very good at treating patients in need of his help. But, by the time, he can't do help much for those who are simply dissatisfied with life, and that is the beginning of depressing him. When a patient tells him he looks in need of a vacation, Hector takes a trip around the world to learn what makes people happy and unhappy. As he travels from Paris to China to Africa to the United States, Hector lists his observations about the people he meets in travel. Is there a secret to happiness, and will Hector find it? It is the main question and findings. Here, in the Francoise Lelord's quest and searching is the main equation.

Hector's journey ventures around the globe and into the human soul. In the Lelord's writing, inspires us to consider life's great questions. What he meets in the journey makes answering the quest of happiness; I could find him searching as

different types of movement like uplifting, empowering, and help to mould people, optimistic too. By this novel I come to realize, this novel is a fable for our times and learning for all time.

As I see, the protagonist of the novel made a searching for happiness and went world and around as the periphery of covering by remaining character's story where is full of entertainments, turnings, ups and down as well yelling and learning. By the research, I want to show to all the research reader to realize the character or make possible journey which is favorable for life. It is supportive for individual as well family to improve the periphery in relationships. Some of the cases, among in our community, people wanted to have seen and catch the concrete benefit of seminars and events hand to hand more than having the potential to use of later in their life. I want to say to each of them there are so many beneficiaries going on which is more for personal excellence and realizing the factors.

The inconsistency between knowing, believing and doing is the cause of miseries, dependence, imbalance and emptiness in life of an individual. Happiness is the byproduct of harmony or right perspective between what we know, what we believe and what we do. One should adhere to one's own philosophy which is based on self awareness and self correction. This thinking may be called as a healthy philosophy of life. Happiness is in terms of Searching for the meaning of life or ultimate goal of valuable life in human activity. This may lead to get real happiness in life.

In the section of Self exploratory counseling says a method of philosophy in counseling, is an alternative to psychotherapy and psychological counseling.

Upanishads includes as:

Self exploratory counseling as a method of Philosophical counseling can provide a place for examining the self, life and the world and aims at exploring the immanent nature of self so that the counselee can overcome ethical dilemmas and existential problems. The counselor after understanding the counselee's problem rearranges the problematic issues in philosophical perspective.(87)

Every human being has self actualizing potentiality in him/herself. The counselee is a free person, a unique and distinct person who has natural requirements and rights of maintaining his self regard, self regulation, self direction and feeling of well being or enhancement of situation. Self exploratory Counseling's goal is to help the counselee to realize his/her goal. The counselor's job is to encourage the counselee to find out the right answer to their problem themselves, he only suggests him the direction of his inquiry. The suggestion given by the counselor is not directive suggestion, he only indirectly suggests whether counselee is on right path or not. In the novel he novelist says, "Many people wanted to make an appointment with Hector, not just because he looked like a real psychiatrist, but because he had a gift that all good doctors have and that you can't simply learn at college: he really was interested in people".(9)

Since his first captivating adventure in *Hector and the Search for Happiness*, Hector the young French psychiatrist has continued to explore the mysteries of the human soul from china. He found that love seems virtually inseparable from happiness; he begins taking notes on this powerful emotion. But unbeknownst to him, Clara, the Hector's beloved, is making her own investigations into love. As much a love story as a novel about love, *Hector and the Secrets of Love* is a feel-good life manual wrapped in a globetrotting adventure, told with the blend of a fairy tale's naive wisdom and a satirist's dry wit that has won Hector fans around the world.



What undoubtedly ranks Françoise as the sincere novelist of the searching comedy within happiness is his selection of the comic male protagonists from China to the African worlds. The good man of the common birth and became Psychiatrist of lost character from the middle class for his novels. He has shown his strong support to the kind researcher of the pioneer communities in his novels.

This research is to observe and describe the writer's views using Hector for searching happiness. Determine the possible causes why and how Hector moves for unknown result of questing happiness journey. I would like to share the notes searching for journey of the Hector and it's a substantial realization of he met different places of the world. I hope this research helps to realize the situation of character writer wants to be included. And work for the sufferer of poverty, domination and lacks of the people who are suppressed in socially and class point of view. The first stage of any research is to observe the world around us and to ask questions about why this kind of things happens as their native culture.

Every phenomenon in the universe has a reason behind it, and here, the aim of my research is to understand and comprehensively evaluate the "*Hector and the Search for Happiness*" text. So, the ultimate aim of my research is to make positive thoughts inherit for utilizing them. Hector learnt many points and transforms himself; adding to the collection of relative points can evaluate the content in whole. By which I believe helping to describe my research readers to explain the finding how we could feel happiness root cause around. It helps to determine the cause why he went for the many tested journey did around the world like China to restaurant bar and mountain, and monastery and Africa France or Los Angeles where various experience Hector did. He had a relationship with Chinese women, talking about teaching of

Buddha to feel happy, suffering hazards, existential crisis and psychiatric applications procedures do use for to either prove the happy journeyed.

Of course, this research, but hope to open up new areas of potential study and allows to scientifically attaching focusing on a specific direction to search happiness from your loved one and each and every one's our family. And to establish 'What are the underlying causes and relationships between the character like Hector his beloved Claradifferently processes fueling this economize to trend of Mr. Edouard. I will put the necessarily talk to different writers review on the text and try to make better quality from the inappropriate or poorly designed ideas of studies.

The explanation of the research is about coming up with viable reasons and try to be as object unbiased as possible. I will use to promote a healthy debate and discussion about the validity of the results. Where the aims of research can welcome then be fine-tuned, or may serve to open up new areas of interest. Either way, hope to the store of reader' knowledge could have been enriched and increased. I would like to specify the objectives of this research paper. I hope, it will help to investigate, how the people feel happiness in real life or not? And how about creating artistic tone with the writing? Are there any surroundings, by which people could be feeling helpful? What kind of effect or affect is having in family or periphery to make the social bond? The research paper helps to comprehensively understand the concept of happiness personally or locally in the family as well making different to others. What is hoped as the supporting idea for the People through-out the world of distinguishing community to realize and apply in daily behavior?

The significance of the study is to describe potential ideas through-out the text finding in protagonist's journey of the happiness. I will describe the related paper to recognize the problem and reorganize relevance of research. Our living of life itself is a

beautiful journey. I believe the understanding of the problem to solve the situation and act by substantiating is an important matter. So, It is very important to become the loyal to partner, family members and own life which is clearly coded around by the behavior of Hector in the novel. I want to focus into unite the mind and body, working by becoming a faithful husband and wife and through creating the culture of peace. I believe this kind of journey of happiness reach the destination well. I will rewrite the positive valence or vibes of learning. Hector has been electrode by the experience within a text as the objective to find the happiness in reality. The protagonist Hector is full of randomized with controlled trials what can be seen as in described by narrowing different situation in the journey. And I will synthesize the concerned literature in summary.

This research paper analyses the novel with Victor Frankl's Logotherapy. Here, the current research of study is on the power of Logotherapy Francoise LeLordin *Hector and the Search for Happiness*. This section consisted of background and introduction of the text as the novel is studied, the different section's writing including research aims, objective of the study, significance of the study, studying theory or methodology, the theoretical approaches Seeing forward in practice or reflection of context in application, conflict studying the relative theory of the study and findings and conclusions on its operational form in the key terms.

In review, Dan Barrett sees life has many more inconsistency which brings misery about living life much where difficulties and misunderstanding makes as routine in *Hector and the Search for Happiness*. In between the situation, Hector is asking, the ups and down, the self and others; are we feeling comfortable? Am I happy and how about you? The psychiatrist encounters laughing, impoverished people at a picnic and wonders how they can overlook their own suffering and experience

pleasure. Most notably, a very ill friend (Djamila) of the psychiatrist is able to forget that she is dying, enjoy her final days and inspire the people around her. Dan Barrette puts his word as following:

*Hector and the Search for Happiness* turns psychological research into a fast-paced, enchanting story. Lelord himself is a psychiatrist, and his interest in the human mind is infectious. He writes as if he were telling a bedtime story—calmly, authoritatively. His story makes you ask: Am I happy? How could I change to make myself happier?(7)

Hector is optimistic about searching goodness in his life with career-driven girlfriend who works in Pills Company.

Francoise Lelord is seen optimistic in his fruitful writing. It is well filmed also. So, it can be counted as meaningful and worthwhile. Lorenza Garcia states:

Hector is an esteemed psychiatrist whose relationship with his career-driven girlfriend Clara is one of total predictability. This arrangement offers him a reassuring sense of comfort and security for a while, but in time he begins to realize that he might not be getting the most out of life, and starts to question what it is that makes people genuinely happy.(4)

L.G. reviews as *Hector and His Search for Happiness* is also more likely to prose and guide people not as like novel whereas cannot feel it is broadly as novel. He is world widely tripped for knowing the thought of his queries but not hoping broadly. She also focuses: “Lelord, a psychiatrist, writes in the simple prose you'd find in a children's book, and this stylistic choice quickly become irredeemably grating. Though the book is an international bestseller, it is far less a novel than a maudlin self-help guide that substitutes pataphorisms for development.” (14)

In the novel, Hector sees unhappy people all the time; people who are not happy for, what seems like, no reason at all. These people have great jobs, make a ton of money, and all they do is talk about how unhappy they are. But by the sitting, eating and caring around it's not only them he is feeling the same. Hector is a lot like common people, most of us, the excitement has gone in his life and he is just going through the motions. There is nothing left to be excited about, it seems. His searching begins with it, and he asks himself why and how do the people become happy again? What kind of help I can do for them to feel? So, he starts queries by asking self in mute mode. What will happen if you left the country to search for the happiness? What sorts' of results I will get if I could ask others around the world? What happiness means to them? Would they all give the same answer? Or else. It is said Pit Adventure Journal about Hector journey is following. Well, that is exactly what Hector had to do. He told his partner, Clara he is leaving for a few months, told his clients he was going on Holiday, and was off to search for happiness. The news of USA PIT Adventure journal expresses their review as:

Hector meets all sorts of new people along the way: a wise old Chinese man with a long white beard, a very important man in a very secretive business, a Chinese "business woman", and an old Monk, just to name a few. Regardless, Hector helped me find some light in my life. Sometimes when things seem so grey, you need someone else's story to help fill you will hope, happiness, and insight.(15)

Hector is a common man as like every one of us. He wanted to seek peace in mind as well in real behavior. When he goes for happiness journey seeing and realizing the substantial situation he began his journey from China with sensual and spiritual practices Ying li and Monastery meditation. Hector finds monk and Jean acts helping

and noted down his learnt points. The helping tradition of *Hector and the Search for Happiness* within the different character becomes helpful to define and solve their problematic to the people where he visited. About the spiritual idea of happiness Vedas talks about:

In the material world it is almost impossible to be happy without the practice of spiritual development. But the Vedas are very merciful, and they make it possible to experience happiness even to those people who follow non-direct spiritual advice... The rules of culture taken from spiritual teachings are part of the spiritual path, and hence they also carry a bit of spiritual bliss. The rules of culture by themselves are not so strong because any materialist, even the one hating the Absolute Truth, can follow them. (8)

It happens as saying in Nepali; you can't always get what you want. A mere (musk) deer (Kasturi) is always searching good scent of herself in wild jungle until the rural mountain but never knows it is inside her womb. Here, I want to show simply and straight forward person could do get much possible success in their life.

As in review of MaryAnn Johansson says that People who are afraid of death are afraid of life, he discovers and listening loves. That's right, listening is his highly educated, very well-paid job, and he needed to go halfway around the world to have someone tell him this. He's even deeply touched by it!

The research paper is interpreting Françoise LeLord first novel *Hector and the Search for Happiness* by talking the theory the trial and insights related to logotherapy proposed by Victor Frankl, was an Austrian neurologist and psychologist who founded what he called the field of "Logotherapy", which has been dubbed the Third Viennese School of Psychology following Freud and Adler. Logotherapy developed in and through Frankl's personal experience in the Theresienstadt Nazi concentration camp.

The years spent there deeply affected his understanding of reality and the meaning of human life. His most popular book, *Man's Search for Meaning*, chronicles his experience in the camp as well as the development of Logotherapy. During his time there, he found that those around him who did not lose their sense of purpose and meaning in life were able to survive much longer than those who had lost their way. In *The Will to Meaning*, Frankl notes:

Logotherapy aims to unlock the will to meaning in life." More often than not, he found that people would ponder the meaning of life when for Frankl; it is very clear that, "it is life itself that asks questions of man." Paradoxically, by abandoning the desire to have "freedom from" we take the "freedom to" make the "decision for" one's unique and singular life task. (16)

Logotherapy developed in a context of extreme suffering, depression and sadness and so it is not surprising that Frankl focuses on a way out of these things. His experience showed him that life can be meaningful and fulfilling even in spite of the harshest circumstances. On the other hand, he also warns against the pursuit of hedonistic pleasures because of its tendency to distract people from their search for meaning in life.

The Greek word *logos* is here used in the sense of meaning; the equally valid translations, "word" or "rational order" are not helpful in explaining the tenets of Logotherapy. In particular, the logotherapy therapist is not attempting to persuade the client by logical reasoning; rather, they assist the clients in detecting their specific and individual meaning. Logotherapy is applied therapy on the basis of the psychological-anthropological model developed by Viktor Frankl.

## II. Hector and His Quest for Happiness

In the book, *Hector and the Search for Happiness* mainly describes about the two facts one of this is become unhappy, stressed and fluctuation in life, as a second point Hector moved to searching for happiness, gain insight through and come into the beginning of newly learnt and normally effective in his behavior of everyday life. It demonstrates what happiness looks like and how it becomes important to our life in depth in a way. He wanted to go around the world with the queries with what kind of method he could make possible to give a solving way for unsatisfying answers to the patients, he doubts himself what made his keen desire to seeing the world and know the findings about. He wanted to search the idea for capitalistic people and their quest what can be the reality of happiness among in people's thought, behavior and idea in verities in their own answer. It demonstrates many things across their culture, people's education, skills, intellect, social economic behavior, and diplomatic field as well. It may make huge change, differences and affect the facing challenges in their life. But here, the novelist most emphasized three main things that is the love, fear of death, and money. These points connect very strongly and affect almost all of our happiness because we cannot miss any points of it in the modern life, and he says it is motivating and make us happy. Francoise Lelord talks:

First, the "love" word is the important part in the journey of Hector and Happiness. Because he travels around the world to searching what the happiness is for everyone and how love flows through everybody that makes figure out love will make people in happiness and he realizes love cannot be missing in our life. At the first he arrived in China, he met the girl names Ying Li (1).

Freidman puts his words in the book of *Logotherapy as a way of purposeful therapy* make change in your thought about Logotherapy is that:



Logotherapy was founded by Viktor Frankl, and is based on the premise that a person is motivated by a will to meaning, an inner pull to find meaning in life. Life has meaning under all circumstances, even the most miserable ones. We have freedom to find meaning in what we do, and what we experience, or at least in the stand we take when faced with a situation of unchangeable suffering. Our main motivation in life is our will to find meaning in life.(7)

*Hector and the Search for Happiness* is an awesome novel that allowed me to rediscover what happiness truly is and opened up my mind to its many other concepts.

The main character is a young psychiatrist named Hector, begins to travel the world in search of the true definition of happiness and what happiness means to the people around him. Hector's destinations were China, Africa, and L.A.

FrancoiseLelord's writing settings are affecting the development of Hector's character in the great amount. Every country had its own unique situations and people that had an input in how the main character develops and changes during the whole content.

The first setting takes place in China where Hector overcame many obstacles that contributed to the huge change that we see in our main character. Edouard's the first person he comes across on his plane ride to China. Now Edouard wasn't just anyone he was an extremely wealthy gentleman, when Hector asks Edouard about his happiness he explained that money brought him happiness and that there truly wasn't a need for happiness when all his time was dedicated to working and making extra money. At the end of the night Edouard decides to show Hector a bit of what happiness is to him as he takes him to a luxurious nightclub where he meets a beautiful young lady named Ying Li, exchanged sexual love during the time of visit and said he was happy. When Hector and Ying li feels attractedeach other Lelord states:

He fell in love with her at the first sight. Although he didn't know this lady before, he still slept overnight, and hung out with her. At that time, his face was very happy. He realized nobody could understand him like this lady and it is not a fault to fall in love with someone else. That's why he was easily to fall in love with her. This show love is a way leads to happiness even though it can be in first sight but it not for long. This love can be in first sight but it not for long.

(13)

Frankl mentions in the preface of his fourth edition book *Man Search for Happiness*:

“Again and again I therefore admonish my students both in Europe and in America, about what is Logotherapy and perspectives or how to become happy.”

It could happen when we strongly focused on things beyond our work. And

Frankl writes:

Don't aim at success—the more you aim at it and make it a target, the more you are going to miss it. For success, like happiness, cannot be pursued; it must ensue, and it only does so as the unintended side-effect of one's dedication to a cause greater than oneself or as the by-product of one's surrender to a person other than oneself. Happiness must happen, and the same holds for success: you have to let it happen by not caring about it. (56)

The definition of life and death is self-define when Hector locked in store room being with dead rats and very bad smell sometime he find himself and while become fainted also. Françoise LeLord writes:

He also said to himself that even if he died now, he'd already lived a good life: he'd had a nice mother and father, very good friends, he'd fallen deeply in love more than once, had chosen profession he loved, had been on some wonderful trips, had fallen felt he was helping people, and had never suffered any terrible

misfortune. His life was a lot better than the lives of most people on the planet . . . Of course he hadn't had time to make little Hectors and Hectorines, but this was just as well because now they would be orphans. (65)

Moreover, tragic optimism means that people are capable of optimism in spite of the tragic triad. Frankl believes that all humans will be subjected to the tragic triad, which consists of guilt, death, and unavoidable suffering. Ponsaran states her thought in the book of *Discovering Thought* as follows:

Logotherapy is often subsumed under the headings of humanistic psychology and existential psychology Frankl notes that meaning in life differs from person to person and from situation to situation. Hence he asserts that there is not a general meaning in life for all of humanity but rather an idiosyncratic meaning that varies at any given moment.(4)

Experiential values consist of encountering another human, such as a loved one, or by experiencing the world through a state of receptivity such as appreciating natural beauty. Attitudinal values speak of the potential to make meaningful choices in situations of suffering and adversity Frankl contends that everything can be taken away from a person but the freedom to choose one's attitude. He stressed that people should not suffer unnecessarily in order to meaning but that meaning was possible when suffering is inevitable. The life and death situation is envisioned in the text of *Hector and the Search for Happiness*. Lelord denotes:

Fear of death, then was not the most difficult thing .No. what made Hector miserable was thinking about the people he loved, who loved him and whom he'd never see again, and how unhappy they'd be when they found out that he was dead. He thought about Clara, and how very sad she would be when she

heard the news, the memories came flooding back of her laughing, crying, talking to him, sleeping pressed up beside him. (65)

Frankl points to the self-transcendence of human existence, which implies that each person can find purpose and meaning by being directed toward something or someone other than the self. His concept of self transcendent is the idea of the super-meaning the super-meaning refers to an ultimate meaning that exceeds the intellectual capacity of humanity. Philosophers often promote the idea that people need to endure the meaninglessness of life but Frankl suggests that humans instead are faced with the inability to understand the unlimited nature of meaningfulness, which is the super-meaning Frankl Can be seen as in given lines:

Hector is a London psychiatrist whose tidy, dull life masks a fear that he may not be happy. Leaving his enabling girlfriend at home, he heads to China, a mountain monastery and Africa to see a few friends and hear many notions of contentment. There are lots of banal maxims, some false danger and a few sweet moments. (9)

Logotherapy is often subsumed under the headings of humanistic psychology and existential psychology furthermore; logotherapy is referred to as the third Viennese school of Psychotherapy. Adler promoted the will to power; Freud stressed the pleasure principle and Frank the will to meaning .Originally logotherapy was called height psychology in response to the Freudian concept of depth psychology. Depth psychology focused on insights from the natural and unconsciousness processes within a person, height psychology promoted the idea that people could transcend these natural processes. Frankl words in his book *Man's Searching for Meaning* fourth edition as following:

It was my turn; somebody whispered to me that to be sent to the right side would mean work, the way to the left being for the sick and those incapable of work, which would be sent to a special camp. I just waited for things to take their course, the first of many such times to come. My haversack weighed me down a bit to the left, but I made an effort to walk upright. The SS man looked me over, appeared to hesitate, and then put both his hands on my shoulders...I tried very hard to look smart, and he turned my shoulders very slowly until I faced right, and I moved over to that side. (5)

In the life of Hector moving from China goes to Africa to see how about his friend Jean had togetherness in health camp and can do some help for their goal to feel happy in his life. He wanted to feel happy with serving the poor children to have service, sacrifice and way of suffering together with Africans. LeLord writes:

And now, on the plane, Hector couldn't think of anything to write in his notebook. Hector was one yet another plane, but this one was rather different from all the others. At customs, the customs officers were African. Families waited in the shade. The little girls were dressed in white ankle socks and ruffs and the little boys in shorts well, long shorts actually, like the ones worn in Hector's country a long time ago. (45-46)

It illustrates that human beings are not only free, but most importantly they are free to something namely, to achieve goals and purposes which are called Will to meaning.

Frankl's approach is based on three philosophical and psychological concepts: freedom of will, Will to meaning and meaning in Life is mainly focused. According to Logotherapy Existential Analysis, humans are not fully subject to conditions but are basically free to decide and capable of taking their stance towards internal (psychological) and external (biological and social) conditions which coded as

freedom of will. It can be seen Hector starts his journey from psychiatric world to journey of happiness.

Freedom is here defined as the space of shaping one's own life within the limits of the given possibilities. This freedom derives from the spiritual dimension of the person, which is understood as the essentially human realm, over and above the dimensions of body and of psyche. As spiritual persons, humans are not just reacting organisms but autonomous beings capable of actively shaping their lives.

The freedom of the human person plays an important role in psychotherapy, in that it provides clients with room for autonomous action even in the face of somatic or psychological illness. And that resource enables clients, in the context of the techniques of Paradoxical Intention and Dereliction, to cope with their symptoms and to regain control and self-determination.

Hector is an esteemed psychiatrist whose relationship with his career-driven girlfriend Clara is one of total predictability. This arrangement offers him a reassuring sense of comfort and security for a while, but in time he begins to realize that he might not be getting the most out of life, and starts to question what it is that makes people genuinely happy. When Hector's increasing irritability begins to threaten his relationships with his patients, he decides to take a sabbatical and get out of his comfort zone. In doing so, he believes he can gain greater insight into his own needs, as well as the needs of others. Discomforted by his decision, yet supportive of his yearning for greater life experience, Clara wishes Hector well as she sends him on the first leg of his globe-trotting adventure. When he goes for journey, in his flight Hector met businessman from his country asks if he was happy than Lelord writes:

From the very beginning of their conversation, Hector had wanted to ask Charles if he was happy, but he remembered Clara's reaction and this time he

wanted to be careful. Eventually he said: ‘these seats are so comfortable!’ hoping that Charles might say how glad he was to be flying business class, and then they could go on to talk about happiness. But Charles grumbled, ‘Hmm, they don’t extend nearly as much as the ones in first class.’ (13)

Hector meets the people first time, they are not even happy having their very comfortable time and life everyday while he was happy in economy in his flight. He takes lesson with his discovering journey. His seatmates usually flew business class, and he had been upgraded to first class and that he’d never forgotten it. With this situation Lelord writes:

It was the first small pleasure of his trip so far, but looking at Charles, Hector began worrying. What if the next time he flew economy class he regretted not being in business class, like Charles now regretted not being first class? Hector told himself that he’d just learnt his first lesson. He took out the little notebook he’d bought especially and wrote: Making comparisons make spoil your happiness. (13)

And what an adventure is: From his initial stop in beautiful china, where wealthy financier Edouard showers him with the spoils of affluence, to his visit with Tibetan monks, his turbulent trip through Africa, and his attempt to find closure with a past romance with Ying Li, Hector gradually discovers the answer to his existential question and so much more. It may have gathered a novel by Francois Lelord occasionally paint in broad strokes here. Hector and Edouard talk about economic truth about happiness and Lelord writes: “Seeing as Edouard was an old friend, Hector felt ease about asking him if he was happy. Edouard laugh, he explained to Hector to that when you worked as hard as he did, you didn’t even have time to ask yourself that question. And that was exactly why he was going to resign (15).”

Frankl denotes in the *Man's Search for Meaning* in the Nazi's concentration camp in part one Experience in a Concentration Camp one of its section, how the psychiatric work lead to meaning to life. Frankl writes:

He had taken a liking to me because I listened to his love stories and matrimonial troubles, which he poured out during the long marches to our work site. I had made an impression on him with my diagnosis of his character and with my psychotherapeutic advice. After that he was grateful, and this had already been of value to me. (11)

The changing behavior of seeing the personal and their depart leader for concentration camp for them make happy mode to make the supportive act for them meaningful environment. Frankl denotes:

That favor was important these men had to march away to another, especially dreaded kind of work under the command of strange guards. Occasionally the senior Capo chose men from the first five rows, just to catch those who tried to be clever. All protests and entreaties were silenced by a few well-aimed kicks, and the chosen victims were chased to the meeting place with shouts and blows.(12)

The search for meaning is seen as the primary motivation of humans. A person cannot realize his or her Will to Meaning in their lives they will experience an abysmal sensation of meaninglessness and emptiness. The frustration of the existential need for meaningful goals will give rise to aggression, addiction, depression and suicidality, and it may engender or increase psychosomatic maladies and neurotic disorders. In his review *Kim Gentes reviews*:

Logotherapy focuses rather on the future, that is to say, on the meanings to be fulfilled by the patient in his future. This book starts off being our hosted view



into the unfathomable world of concentration camps in Nazi Germany, and the psycho-analytical understandings that Frankl comes to. But the more you read, the more you are drawn into Frankl's so thoroughly rendered understanding of suffering that the book becomes a way for us to enter into the story by Frankl's genius.(4)

Especially during Hector's time in Africa and it could be argued that such a privileged man is merely feeding his own ego by embarking on such a grand adventure. But that's neglecting two very critical points that it pays to keep in mind: First, this is an art form that is constructed on the concept of exaggeration; second, happiness is subjective, which means that shock of all shocks successful, wealthy people can be unhappy too. Sure, as Edouard points out early on, money can most certainly put in a better position to be happy.

LogotherapyExistential Analysis assists clients in perceiving and removing those factors that hinder them in pursuing meaningful goals in their lives. Clients are sensitized for the perception of meaning potentialities; however, they are not offered specific meanings. Rather, they are guided and assisted in the realization of those meaning possibilities they have detected themselves. Frankl states his views on *Man's Searching for Happiness*, "The greatest task for any person is to find meaning in his or her life. Frankl saw three possible sources for meaning: in work (doing something significant), in love (caring for another person), and in courage during difficult times"(1).

Once again, this is where it pays to remember that *Hector and the Search for Happiness* is a hyperbolic account of one man's quest for meaning. If the whimsical interludes that help to segment the story aren't enough to drive that point home, it may

be time to get out of own comfort zone at least conclusively speaking for a bit.

Francoise writes:

And suddenly Hector understood everything. And he saw that Ying Li understood that he'd understood, she stopped smiling and looked a little sad.

Hector was also sad, but he was still nice to Ying Li and gave her a kiss on the cheek when she left, leaving him her telephone number...He climbed back into bed and after a while he picked up his notebook. He thought for a moment then wrote: Lesson no 5: sometimes happiness is not knowing the whole story. (19)

Logotherapy is based on the idea that meaning is an objective reality, meaning into life as opposed to a mere illusion arising within the perceptual apparatus of the observer.

According to Logo Therapy Existential Analysis humans are called upon, on the grounds of their freedom and responsibility, to bring forth the possible best in them and in the world, by perceiving and realizing the meaning of the moment in each and every situation. In this context it must be stressed that these meaning potentials, although objective in nature, are linked to the specific situation and person, and are therefore continually changing. Frankl writes:

According to Logotherapy, we can discover this meaning in life in three different ways: by creating a work or doing a deed; by experiencing something or encountering someone; and by the attitude we take toward unavoidable suffering. And In some way, suffering ceases to be suffering at the moment it finds a meaning, such as the meaning of a sacrifice. (1-3)

Thus,LogotherapyExistential Analysis does not declare or offer some general meaning of life. Rather, clients are aided in achieving the openness and flexibility that will enable them to shape their day-to-day lives in a meaningful manner.

The matching idea of Logotherapy discoverers Victor Frankl and Françoise Leclercq can be seen as expression of Jean and Marcel oneness in talking. It is the expression of decline of system and crisis in nation. Françoise expresses his idea making African representation by Marcel that how the Africa is corrupted and writes: "In the car, Jean Michel asked Hector if he knew who he'd been speaking to. Hector said he did, more or less. And Jean Michel said that's the kind of guy who drags his country into the shit! Marcel said nothing but it was obvious he agreed" (50).

Yet for those who find joy in freedom, the material objects that so frequently go along with wealth can become more a burden than a blessing. But while those early scenes with Hector and Edouard enjoying a lavish dinner and expensive drinks in China will certainly strike some as shallow, and his co-writers are all about contrast, and it isn't long before our adventuresome protagonist is locked in a makeshift dungeon and sharing his travel candy with the rats.

Logotherapy is composed of three basic principles. The basic principle is that life has meaning in all circumstances, even despondent ones. The second principle is that the main motivational force is the desire to find meaning in life. Lastly, the third basic principle states that humanity has the freedom of attitudinal choice, even in situations of unchangeable affliction. Thus, Frankl purports that people can discover meaning through creative, experiential, and attitudinal values. Creative values consist of achievement of tasks such as painting a picture or tending a flower bed. In *Man for Searching Meaning in The Noological Dimension* Hatt writes:

The term Noological is derived from the Greek word *noos* denoting mind or spirit. Specifically, the Noological dimension refers to anything pertaining to only the human dimension or humanities quest for meaning. The

Noological dimension is considered to be the realm of human consciousness, responsibility, and is the locus of freedom. (5)

For example, a person subjected to an incurable disease or placed in a concentration camp can still discover meaning even though his or her situation seems dire. Hatt writes in his views in the book of *Man's Search for Meaning*'

Frankl claimed that animals consist of only the biological and psychological dimensions because they are unable to harness the power of self-transcendence. Hence, Frankl asserts that the psychological is reserved for instinctual behaviors. Moreover, since humans are the only species capable of self-transcending they exist in the realms of the biological, psychological, and Noological dimensions.(5)

The logos about family and love where Frankl the therapist's family are suffering from concentration camp and started to write helping camp people. By Logotherapy people could feel changed in behavior and attitude which is relatively seen in Françoise Leclerc's thought to the novel, Hector and other characters' behaviors made to feel change. Contemporary art globally influenced culturally, diverse in technology and idea, same things happened in society and the literature comes as the reality of society in the art of *Hector and the Search for Happiness*. Logotherapy and matching setting seen in the text with Hector the unhappy protagonist and poorly prostituted Ying Li, thieves and concentration camp like store room of Africa, villains like Eduardo, hidden feudalistic activities and dominant people. Hector's thematically therapy and treated patient Djamilia and other patients as Roger, Irina, homely traumatic Clara and cured by journeyed Hector and his environment well representing characters for using logotherapy within the context. Hector has established a reliable persona as a kindhearted eccentric. That trend continues in Hector and the Search for Happiness, with the added difference being the

titular character's increasing lack of contentment with that lifestyle. It's a more mature take on his familiar persona, and as we see Hector gradually come to realize that discomfort doesn't exactly equate with unhappiness. Clara, having previously appeared alongside Hector in *The World's End*, likewise succeeds in giving her character a greater emotional dynamic than initial appearances would suggest. The supporting, populated by such capable talents as Françoise, Clara, Jean, Marcel, Edouard all help to add welcome color to Hector's world, even if in the case of Jean and Marcel in particular they exist for little reason other than to guide him along the way. By the time Hector does finally find the meaning of happiness, chances are cynics will have already written. Rather, it's for the people who may have been feeling down in the dumps when they bought the ticket, and realize that those elusive moments Hector experiences still have value, even if they exist solely on the different course. Lelord says:

In the beginning, Hector is dissatisfied because of his routine. He had doubts about himself of if doing job same job is making me happy. He makes important discovery realizing he needs to go for journey. Françoise writes: "He felt rather unhappy. But in reality, being unhappy might also teach him something about happiness. At least it would prove useful for his trip. He began to think: why was he unhappy? (20)".

As he was beginning his journey he headed to the republic of china. Edouard makes sponsor to his dinner where he includes his note about happiness only in their future and then he thought of the people who decided mergers also comes from money and power. By the dinner they moves to dance bar where he meets lady who is call girl, named Ying Li; by the sensual love between them he feels to be happy what he should be realized by his partner Clara but he became far from it.

Hector become unhappy by the series of his journey because of he was with his fantasy of love with Chinese girl which was her policy with her customer. He was never been with such a reality of world where people are selling themselves for money matter but knowing unknowingly he involve with and knowing the reality he was not in love but only in sensual realization which makes him unhappy. His thought as if that was devotion of them in love but found different which she was there for money making business, feels him absurdity whether it was monetary emotion in-between the reality and tantalization. It was far from the reality he used to think as if he was thinking from the very beginning it became real and wanted to live in fantasy as ecstasy but this Ying li' s reality make opposite result what made him unhappy. LeLord writes:

He was also unhappy because he felt bad when he thought of Clara. Of course she would never know what had happened with Ying Li, but even so he felt bad. One the other hand, if Clara had come with him to china he would have never met Ying Li. When he was with Clara, Hector always behaved himself, and so he wouldn't have got up to any mischief with Edouard so all this was partly Clara's fault. After thinking that, he felt slightly less unhappy. (21)

I am feeling as if novelist make concept of happiness, from here even though he was thinking all story consisting the idea but he mould the starting the waking up solution with the queries. He went to the rural mountain searching the small way where it was heading by the way between the white clouds around met one hut. When he went nearby sees the Buddha temple there knocking there he met old sincere monk who answer happiness is only thinking about unhappiness. So, he feels seeing the beautiful flags and natural things is the way of becoming fresh and noted one of his learnt lesson 'happiness is a long walk in the mountains.' His tirelessly walk until the top mountains make him determinant and achieving his settled goal was his happiness

there. Where world widely serving with the monk clothiers' people, food, wise in mediatory activities, becoming kinder to the people, original, contented good in word, ever talking mocking word, make him wise and happy internally.

Hector could find having time with family and friends forgetting all sadness's, sharing makes people happy. Hector list out what he learnt on the way facing what an individual, family to society, nation of different cultured and Lelord write notes through Hector as:

Making comparisons can spoil your Happiness. Happiness often comes when least expected. Many people see happiness only their future. Many people think that happiness comes from having more power or money. Sometimes happiness does not know the whole story. Happiness is a long walk in beautiful unfamiliar mountains. Hector sees the situation and again remembers old monk and notes down his remembrance. Its mistake to think that happiness is the goal.

(31)

Hector sees the girls in oilcloth with whom he was talked and interviewed before you are laughing? Are you feeling happy? Why? So he became happy to see them in note it again the one point he was not in love, he feel loved to see as friends and family. Happiness is being with people you love. Hector wanted to express his love to Ying Li and Edouard said it could be because you from good country and password holder from there. As a psychiatric hold an answer about what he wanted. And later they went talking Ying Li was separated with Hector taking note in the plane: Unhappiness is being separated from people you love.

In the African plane Hector met Marie-Louise psychiatrics asking their idea and questions next meets his old friend who studied together Jean Michel serving free medical service and before he never know his homosexual friend in Africa and

Lelord what never expresses one of the amazing culture is going practices activities in the world of happiness. Later on two boys shared him seeing nearly friend mention are Jean's guard Marcel more than just a friend. Françoise showing the class situation Lelord expresses: "Also, Jean-Michel said, I feel loved for who I am.' And perhaps by now you've realized that Jean-Michel and Marcel were more than just friends, or more than just a doctor and his bodyguard, you've also understood why Jean-Michel was never very interested in girls(48)".

Here, Françoise's idea is showing about gay love in one short glimpse it is also practices in the world one way to go for taking path of happiness. One of the white said called, Eduardo doing farming there who's having family problem and in between husband and wife relationship said badly, he wanted to help for them. He knows the reality of poorer; were because of bad people in representative voted own-self by bad people's money and deforestation all problems come as because not good their own representation in UN as well local level. By the situation of explaining about the domination of owner, Hector, Jean and Marcel's feeling about happiness becomes different. Hector took lessons as Happiness is having a home and a garden of your own. As another line is it's harder to be happy in a country run by bad people.

Françoise Lelord wanted to have the happiness reference having Hector learns another lesson because of globalization crime is becoming also international. Police are also in criminal corridors, give their dresses to criminal and welcome the bad activities around. He uncovers the note as happiness knows your family lacks for nothing, and doing job you love. He remembers the child smile of getting goods and because they don't yet fully realize their situation, they can't make comparisons. Because children who are sad die more quickly, so we see them. Only happy children survive. All children want to survive should know, then: people are kinder to a child



who smiles. Next, he went for potato stew party and abducted by the thugs when he returning to his hotel and the car brought to very ugly concentration camp, where he felt all the history why he need to come until this journey, he felt life and death in between dead rats smell and thorns bad darken room.

Hector time and again learns so many things he thinks as if it was his last learning. The fluctuations in life and death situation coming back because of abduction unknowingly when car was stoles but he was there inside getting back from sweet potato stew party. That time his life is no longer peaceful. He remembers he still need to make survive so many people, Edouard's wife and even he love very much about Clara what happen after her death, he said all the details he did not came there for another purpose but to know what about happy and unhappy people, as a psychiatrics, he felt it was great to rid off the killers and thugs team, where he realizes how much great values is there to live and experience life as live a alive. Lelord expresses:

He'd decided that he was going to do whatever he liked for a while, because he'd realized that life could end very suddenly. The night he'd nearly died, everybody had feted him when he got back to Marie Louise house, everybody was laughing and crying at the same time, Jean Michel and Marcel were there. A big party started up in the middle night. Hector was so happy to feel alive that he wanted everybody to be happy. And that was good, because they were.(63)

Hector started to think about life and death quite a lot during his life. He'd already seen quite a few people die in hospital when he was studying to be a doctor. He has seen many people very peacefully, almost willingly, there were already from their illness, who felt that life had become too much of an effort and were quite relieved that it would soon be over; those who believed in the good lord, for whom death was just a

journey, and it did not make them sad at all; and there were those who felt that they had had a good life and could not complain if it ended now. He also said to himself that even if he died now, he'd already lived a good life; he had nice mother and father, many good friends, he'd fallen deeply in love more than once, had chosen a profession he loved, had never suffered any terrible misfortune. His life was a lot better than the lives of most people on this planet. So, Hector felt that fear of death was not the finest difficult thing. But still feeling no it is. Francoise notes:

What made Hector miserable was thinking about the people whom he loved. Who loved him whom he had never see again, again how unhappy they'd be when they found out that he was dead. He thought about Clara, and how very sad she would be when she would be when she heard the news, and memories came flooding back of her laughing, crying, talking to him, sleeping pressed up beside him.(57)

Between the ups and down in his journey Hector reached to France to his former lover, see and know the family coordination and relation happiness in their togetherness make him different realization. From now on I should not let to start my marriage and develop to make family. Without late, he headed to his home country, marriage his beloved girlfriend, and hopes to have good children and work very happily in his work field. By seeing all history from the beginning to the end it is flow of story, fluctuations on it and parables existential crisis and again have insight from the environment and good beginning.

In details in summary, *Hector and the Search for Happiness*" starts with the main character, Hector, lamenting about his current state of life. He is a successful psychiatrist in a wealthy European city. He has many clients and does not want for anything, really, except to make his clients more permanently happy. Hector is

considerably conflicted about the fact that with all of his psychotherapy, regular psychiatrist tricks, medication prescriptions, and appropriately-decorated psychiatrist office, his patients who are also wealthy and materially want for nothing remain so unhappy. Hector decides to go on holiday (vacation) around the world to different countries so he can see what contributes to people's happiness and their unhappiness.

Hector invites his long-time girlfriend Clara to join him on his trip, but she declines. Clara is an independent woman who has a high position with her pharmaceutical company coming up with names for new medications. Hector's interaction with Clara when he asks her to join him is an emotionally-charged one because Clara thinks when Hector asks her if she's happy, he's alluding to the fact that he's going to break up with her. That's not the case, but she still declines the offer to join him on his trip.

Hector spends that day walking by him and traveling by train up a nearby mountain. At the top of the mountain he sees a sign for the Tsu Lin Monastery, at which he meets the old monk. Hector and the old monk share a deep conversation about religion and happiness. Hector wants the old monk to share the secret to happiness, since the old monk is obviously well settled and contented with himself. However, the old monk instead asks Hector to come back at the end of his journey. Feeling lighter, Hector goes back down the mountain and has dinner with Edouard in a cafe outside of Edouard's office building. Here, Hector observes many happy and unhappy people and decides that if he wanted to open a psychiatry office in Hector's office building; he would probably do very well because of all the people who leave the building looking miserable. Still while in China, Hector has a second encounter with Ying Li. It's less joyful than the first time, but far more intense.

After his time in China, Hector goes to Africa. On the airplane ride to Africa Hector meets Marie-Louise, a woman who lives in America but is traveling back to her home country. The two talk about psychiatry, since she is a psychiatrist also. Marie-Louise invites Hector to her family's home while he's staying Africa. Once off the plane, Hector meets up with his host for this country: Jean-Michel, a friend from long ago. Jean-Michel teaches Hector about some general living in Africa, including the fact that they need a bodyguard just for everyday protection. At the bar at his hotel, Hector meets Isadora the barman and Eduardo the drug dealer, with whom he becomes regular friends. Hector learns a little bit about the drug-dealing industry from Eduardo, and Hector gives Eduardo the name of a medication for his depressed wife to try, since her current medication isn't working.

Hector enjoys a dinner at Marie-Louise's family's house. They discuss the country, happiness, Hector's investigation, and family matters. After drinking more alcohol than usual, Hector takes a car with chauffeur and bodyguard back to his hotel. However, Hector falls asleep and when he wakes up realizes he's been accidentally kidnapped by two criminals who thought they were just stealing the car. The two criminals bring Hector back to their boss, who stays in a nice house with fine things and beautiful women. They lock Hector in a storeroom while they debate what to do with Hector. After Hector slips them a note telling them they should talk, he tells the criminals that he knows Eduardo the powerful drug dealer (and hasn't gone to the police). After learning this and sharing his notebook filled with lessons in happiness with the criminal boss, Hector is let go scotch-free. Upon arriving back at Marie-Louise's family's house, they throw him a party for the mere fact that he survived a kidnapping.

Hector then travels to America, the country of more, as he calls it. (America is never specifically named, but the reader can assume it's America based on Hector's and the narrator's descriptions of the culture and environment). Hector is looking forward to meeting with a professor of Happiness Studies at a university. He travels first class so as to celebrate the fact that he's still alive. On the airplane ride to America Hector meets Djamila, an ill woman whom Hector helps to calm down when she panics because she has a very strong headache. He brings her back to first class with him where she can recline and be comfortable. He also requests from the pilot that the plane be flown about 1,000 feet lower in an effort to help Djamila feel less pressure on her head. The two enjoy their conversation and Hector is successful in helping to bring down Djamila's anxiety level while flying. Eventually, she falls peacefully asleep and Hector enjoys the rest of the plane ride to America.

Once in America, Djamila is exited from the aircraft and escorted away by two men in white coats. Hector is picked up from the airport by his former girlfriend, now good friend, Agnes, who scolds him for helping Djamila without the proper legal protection. Hector meets Agnes's husband Alan and her two children. They live in a wealthy part of town near the water. Context clues let the reader know that it's the West coast of America. Before going to the university with Agnes a couple days after arriving in America, Hector enjoys a solo walk through Agnes's town and also down the white sandy beach near her home. Lelord writes: "The funny thing was that there weren't many people on his magnificent beach, and hardly anybody like Hector, Agnes or Alan. There were mostly poor people with rather a lot of children, or black people who were generally quite young (74)".

Alan and Agnes help Hector the night before he meets with the professor to categorize his lessons in happiness. Hector feels prepared yet still nervous to meet the

important professor, to which the professor is referred by Hector. Fortunately, upon meeting the professor, the two hit it off well and have a positive interaction. The professor is excited to talk to Hector and validates all of Hector's informal research into the topic of happiness. He explains his own research that of his colleagues, and the way Happiness Studies has progressed over the last several years since it has begun being studied. When the professor goes through the process of explaining how to measure happiness and shows Hector his quantitative research involving brain scans, Hector is again elated at his own work and his own lessons being validated. Lelord writes after Hector listened to the famous Psychiatric and Professor:

‘But how do you measure happiness?’

‘Ah..ah! Good question,’ said the professor.

And he began pacing excitedly up and down his study again , his tuft of hair quivering, and Hector remembered that Agnes had told him that measuring happiness was very pleased: if he learnt how to measure happiness, he could really say that his trip has been useful!(84)

Hector goes back to China before heading back to his home country so that he can meet with the old monk at the Tsu Lin Monastery. Hector shows his notebook filled with the happiness lessons he's learned along the way, 23 in all, to the monk as they sit in the monk's office and admire the beautiful scenery outside the office window.

The old monk validates Hector's work, just as the professor does, by congratulating him for the lessons he's learned. Hector is pleased with his work, his trip, and himself.

Hector began to smile knowing and realizing as like images in his mind and Francoise Lelord writes: “The brain smiling!’ said the professor. What a nice idea!’ And he explained to hector that these images were very useful for knowing how the brain

worked, but that they didn't explain happiness anymore than your smile explains why you are happy. (92)"

Upon returning to his home country, Hector is renewed and refreshed. He approaches his clients with a new perspective and even though he knows that for many of his clients the treatment will remain the same, for some he can introduce a new way of asking questions so as to cause them to think about their own happiness.

Some of the other major character's end-story is explained, as well: Edouard quits his job before making \$6 million dollars so he can help poor people find money for education and basic needs; Jean-Michel, Agnes, Alan, and the professor continue their work; Djamilia passes away; and Ying Li stops working for the escort service and begins working for Edouard, where she meets a young man her age with whom she falls in love, marries, and has a child. As part of his refreshed perspective on life, Hector decides that he is truly in love with Clara and decides that someday, he'd like to marry her, live happily, and raise children with her. Hector concludes story learnt about with his friend Edouard, and Lelord writes:

'Well, to start with, there are various types of happiness. Let's call them families of happiness'. 'That doesn't surprise me,' said Edouard, 'he what are they?' 'Let's say there are five families, first two families of exiting happiness and two families of calm happiness. Exiting happiness is joy, celebration, travelling, being in bed with a woman you desire. (101)

By the context here, Hector Realizing his discontentment Hector decided to travel the world on a search for happiness. As he traveled he asked the people he met what made them happy and recorded the lessons he learned in his note book. He showed his word to monk after he felt enlightened as logotherapy in his behavior. Lelord writes: "You have done a fine job,' said the old monk. He was sitting behind his desk reading Hector's list.

He had put on a little pair of glasses, and looked even smaller and older than Hector remembered, but he still looked contented.”

Reviewing these lessons and Hector’s experiences in his search for happiness, it is evident that not all happiness is created equal. The happiness that comes while focused on serving others is more lasting and fulfilling, while the happiness that comes when pursuing your own enjoyment is often fleeting and shallow. Reading the list of lessons, it is easy to miss this point because the lessons do not differentiate between fleeting happiness and abiding contentment. However, when the stories behind the lessons are considered the differences become clear.

Happiness which comes from seeking your own pleasures was illustrated when Hector went to China and hooked up with Ying Li, a girl he met at the night club. After spending the night with her he asked if he could meet her for lunch. Hector thought he could find happiness in his new relationship but when he met her for lunch he discovered that she was not what he had thought she was. The happiness he had felt the night before turned out to be very short lived. And Africa for clinical service and his life and death situation and Hector’s visitation to former girlfriend also the psychiatric help through this knows happiness with his own environment waiting to have togetherne and sharing in his own family.

Francoise Lelord in his first novel deals with the psychological realities of his age. The protagonist central character Hector of attraction ofFrancoiseLelord to focus on the people’s psychological thoughts in conflict and their reformations in the society. He is the representing member of upper middle class ofpeople, due to his loneliness, unhappy and suffering is living his dissatisfied, also become the miserable life in between the beloved one, patient and Hector. Lelord possessed talent for take caring the unhappy people around. However, his novels are not the outcome of his pure



imagination. After meeting enlightened in his life with logotherapeutic idea is novelist express in special lines as follows:

He still gives pills to people who needed them, and he still tries to help people get better using psychotherapy. But he had incorporated a new method into his psychotherapy.” Or when a man comes to see him who was always worried about although he had nothing seriously wrong with him, Hector told him the story of Djamila on the plane, who knew that she was going to die soon, and asked the man why he thought she smiled and why she sometimes even felt happy.(113)

By above line we come to know the Logotherapy idea changed him as well his patient to have new life in his method. His oldest patient Irina and Roger started to take medicine and begin normal life given by Hector which is very good examples where Logotherapy can be used in *Hector and the Search for Happiness*.

They demonstrate the social and psychological realities literally. *Hector and the Search for Happiness* focuses on different classes existing in the distinguish countries and region where lower class people are serving differently. The world of ‘*Hector and the Search for Happiness*’ is world different type of status having people where the celebrating of happiness is different accordingly. Françoise has captured the condition of reality shared not only by Hector and Clara, but Edouard’s business, Jean and Marcel health camp and their gay activities, Monk’s meditative life, African poverty and crime and friendliness and biased life of Ying Li the Chinese girl. They are working themselves to fill their own part of life and role in the novel.

The contemporary social situation helps us to understand the author’s status and his consciousness for bringing such a psycho sensitive which is supportive writing in their history from different level. The author’s duty is to merge his experiences in

his literary work. *Hector and the Search for Happiness*, written to reflect socio-psychological standard with logotherapy in his writing. Hector sometimes comes to be engaged relationally sensual activity, which seen as habit of modern man searching for more free in individual activities which represents life of uncontrolled biased man. On the other hand, can feel also the protagonist's supports periphery to the needy people. The text here is related with social class, culture and the serve and the social reality and relationship between European called native and visited land as non nativelyland and people. The development of concepts, the society, business competitive ideas are shown as helping matters behind. The society mainly affected by economic idea is represented by factories, farm and health camps. Making all sorts of things for children: furniture, toys and electric games, Charles was married and had three children; they always had plenty of toys because their father owned factories that made them owner or happy. Francoise writes: "Hector had never really understood much about economics, but he asked Charles whether it wasn't inconvenient to have all those things made by the Chinese and whether it might not take jobs away from the people in Hector and Charles's country" (20).

On the other hand, Charles and Edouard represent the business owner of the company and high in their rank of the society: Frankl states:

Hector asked Charles about the great republic of China, in particular whether the Chinese were very different from them. Charles thought about it.

And he said that essentially, they weren't in fact. The greatest differences were between people in the big cities and those in the countryside, but that was true in all countries. (21)

Chinese situation and third country business people to liberal countries have shown also the model. Hector was taken a back and wondered whether Edouard had decided

this suddenly after seeing how much less tired he looked than Edouard, ‘No I’ll stop when I’ve earned six million dollars. Edouard words writes by the novelist as:

“Edouard explained that it was common in his job, people worked very hard and then when they had earned enough money they resigned and did something else or did nothing at all. (23)”

After visiting Hector was quite excited because he knows how people feel happy and unhappy and what kind of people in lost. Hector comes to know the different between rich and non rich type of people. Lelord’s writes:

In his word as this did not surprise him because the mergers often did not work out very well, the rich people lost money and not so much rich people lost their jobs. “Why they people keep doing them, then? AskedHector.’ To keep us in work’ Edouard joked”.Hector feels very happy then beginning of the dinner by thinking that this evening becomes happier than his aspect. He had lots of thing about writing, but he was heavily drunk. (25)

Hector learnt how to begin the business in what kind of thoughts and he had had a plan to meet Mr. Wang like monk and where to go about journey. He felts drinking with friend makes him happyin conclusion and he notes as: Many people see happiness in their future and then he thought of the people who decided to mergers.

Francoise Lelord realistic expression brought him to peak his literary status. He has written different types of literary criticism about the social situation in which he lived. His novel reflects his situation of the society as well as his autobiographical sketch. The social and economic problem risesas real problems faced by English people. The various social situations depicted in it have a close relation to reality, being a realist has attempted to depict social problem in his novel.

*Hector and the Search for Happiness* is his socio-document in artistic form where he has presented the experience of socio-political and economic situation. Thus, same time it can influence the society and bring psycho-social changes. Charles, Edouard, Ying Li and African colleagues with his supportive character presents the social conflict and mutual prosperity among of people due to the unequal distribution roles in society. Though, Françoise has exposed the misery in Chinese and African working class of people in his periphery activities. He is mainly more psycho-realist in his writing. He depicts the attitude to show sympathy to lower class of people. The lower class is like Chinese restaurant working girl Ying Li and African people and their social practices to earn money. And Edouard and Jean type of people serving society by seeing sick and poorer who could not afford pay for recovery by fundraising philanthropy, who wanted to be goal enriched man among the richest. Ill and sick people showed to be cured. As the plane climbed higher and higher in the sky, he began to think happiness. Why did he feel so happy to be there? LeLORD writes:

Of course, he was able to stretch out comfortably, drink champagne and relax. But he could do the same thing at home in his favorite armchair, and although it was enjoyable it did not make him as happy as here on this airplane. He looks around. Two or three other people were smiling and looking round, and he thought that like him they must have had a nice surprise. He turned to the man next to him. (87)

Françoise has written the interest to bring out situation of contemporary society writers like Diane Williams, Karen Tei Yamashita, Kevin Canty are the contemporary writers who contribute their goodness in art in various sectors. But LeLORD writing seems as Logotherapy in term. Logotherapy started by Victor Frankl was believe supported indifferent type of people in really with distinguish society. And he was supported by

writers like Pattakos, Zaiser, Ponsaran, pytell, Cowen and Hoffman. He also works with Frued and Edler's organization at last thanking there for contributing he himself started new thought what said as a logotherapy.

In Vienna, there he treated over 3,000 women prone to suicide and depression. In addition, Frankl developed a low cost counseling private practice for people when the great depression shook Austrian economic foundations. In his private practice he noticed numerous people pursuing therapeutic treatment because of the loss of work. More importantly Frankl noted that people seemed to be suffering not from loss of employment but from loss of employment of meaning in their lives, Frankl prescribed the peculiar treatment of volunteer work reinstate purpose into patients' lives. This treatment proved to be highly efficacious as most of his patients claimed that their depression had disappeared. Happiness to his patient and he got notes later. In the Hinduism happiness studied about:

Non-existent, verily, this (world) was in the beginning. From that verily was born existence. It made itself as the Self (of the existence). Therefore it is called a virtuous act. Verily, that which is well made is the delight of existence; for truly on obtaining the delight of existence one becomes blissful. Taittiriya Upanishad talks about as Peace arises from cultivating friendship with those who are happy, compassion towards those who are in distress, joy towards those who are virtuous, and sameness towards those who are not virtuous.  
(1.33-2.7.1)

It is explained in Hindu religious text called '*Vedas*' book of Hinduism happiness come when we are free from external desire, then we can contact in god and happiness is realized in human behavior. Just as everything in creation is colored by the gunas (goodnesses), our happiness upon earth is also influenced by our predominant

nature. According to the predominance of the gunas, we can identify three types of happiness.

Hinduism, an embodied being's ultimate purpose is enjoyment of supreme bliss as a free soul (mukti) in the highest heaven. Enjoyment is also the basis of happiness upon earth. As like Ryan Holiday views as in his book of *The Obstacle is the Way* “where the head goes, the body follows. Perception precedes action Right action follows the right perspective”(4.5).

Here, Hector learns to be happy, free to love, smile with poor child and knowing how to have family sharing, attain happy or sorrow together. He learnt about goodness beauty and truth to be supportive idea of happiness some other places like restaurant and bar with Eduardo, Marie Louise house and with Jean Marcel relationship he is biased to put his positive idea.

Francoise Lelord, novel is very simple and catchy for everyone as a reader. It is easy to find the message, writer want to give and get the motive through it. Therefore the relationship between the Clara and Hector become charming and feeling joy to get to marry sooner and to have children. In the work field, Hector becomes more energetic to seeing patient and satisfying them. Eduardo wanted to help the workers and help the medical camp in Africa, it becomes the inclusive endings with respected in class collapse society, the novel become helping for family, society or community nation as well international level.

As in thematic form, Hector quest of Happiness is with the psychiatric schedule, seeing patients and rewarding by his learning as a responsible man makes him positively practice the daily behavioral change in his life. In this age of IT advances people are becoming unhappy, dissatisfied and stressed everyday what pushed them to search new things world widely. Among the scientifically

advanced people like Europe cannot evaluate their competitive value highly particularly simple term in their accomplishment. Those things are included in questing of happiness with the text, creating Hector and relative characters inside this book. They are representatives as an individual, family and in their relationship level. And their thinking goes beyond their job, routine and they seem to be quite unusual, immature in their behavior of everyday life. All the showing in one artistic form is a fascination of what novelist wants to include the concept of journeyed life of Hector, the patients, monk and Edouard the businessman as well.

### III. Hector's Swerving: From Victim to Victor

In *Hector and the Search for Happiness* Hector has gone through the different parables, since when he felt disturbed in his own behavior he started the journey travelling to the world. Hector went through mountains to beach, sex to sensation, monastery and meditation, seminars about happiness and its realization in practice through psychiatric application which makes him shifting from his thought. This can be concluded by the following examples: how People believe the superiority of power and money like joining in standard dinner party. Similarly, Ying Li's poverty leads towards the prostitution and practiced so called love. The snowy mountains are as wise natural company and pureness within it. In between snowy mountains lies of monastery and meditative monk's laugh speaking the freedom, peace and happiness open-widely. When Hector was visited Africa he meets children and they made him happy. He also denotes poverty is the main cause of crime in Africa and he faces existential crisis and evolves new realizations, they need help and support in different ways.

On the other hand, Hector has economically competitive friends; former girlfriend and practical use of psychiatric machines' make him dynamic from his habituation, injustice and impassions brought changing into the good start of applied sense and concentration. Eduardo's contribution helped Marie Louise children join school and his donation to Jean made supportive for needy people to have free medical camp, Djamilia death reminded the declining of illness, worry and dissatisfaction. Hector was locked smelling and darkens where dead rats and insects in the store room which seems Hector's hesitation to give justice and help to his nearest. He supposed to escape from his possible happiness. He realizes his own real life and he has been swerving awaiting unmarried lady.



The journey and its Practiced life of Hector swerving come to his life with the delightful, optimistic and active. The victim man changed into happy, satisfied person realizing the nearness of his nearer as well his beloved togetherness. Ying Li and Edouard's togetherness showing help each other and go together formula and meanings give solution for their mutual life.

The life and death situation of Hector and not informing the policeman makes hidden causes and security question, Hector and Ying Li's relation, meeting former girlfriend as in-confidence of man and silence about Jean and Marcel gay's practice of love. It makes drastic change to Hector's life from up and down, beginning climax and conclusion of the novel. And existential crisis of life and death give remembering most important things and missing of the loved one, give him new insights and turn into the shifting life of new beginning.

Hector returning to home is the ride up roaming to search abstract more than treating well to his girlfriend, thinking to join marriage ceremony and having child is his swerving. His convincing style with his idea, Irina and Roger to have medicine to become healthy is his confidences applying in logotherapeutic turns and prideful begin. The doubt, crisis, fear, insightful climax and comical end in the persuasive quality in Françoise are writing. The limitations in the text subjected like lack of ethics and moral behavior of Hector and his friend Jean's gay marriage. On other hand, it is promoting family and love as a concrete thought for the reader by showing embracing co-habitation to family. This is my claim happiness is within ourselves what we just need to love to share, togetherness, to have fun, joy and know to celebrate it.

Everyone has his or her own unique perception of what it means to find happiness, and while near-infinite spectrum alone makes defining that word elusive, the fact remains that there's rarely any doubt when we fail to achieve it. In writer's whimsical

adventure *Hector and the Search for Happiness*, an eccentric psychiatrist embarks on an epic journey to find his own unique definition of happiness. Precisely, it's the kind of unabashedly optimistic, life-affirming weary of the drab futurism and increasingly dour comic-book, escapism that's come to dominate the same time; it's bound to have cynical critics straining their snarky muscles in dismissive scorn.

Hector spent suffocating life for many years because of his illusion and now he comes out from illusionary world. When he met his former girlfriend Agnes wife of Alan with having 3 lovely children, meeting them, he sees the happy family, experience seashore and played there, listened psychiatric seminar which believed psychiatric dealings to realize prosperity, peace and happiness in thier word.

Roslyn and Agnes help Hector realizing love, economic lacking' and its' importance in everyone's life and fear of death led him into meaningful life not delaying to roaming in foreign land. He started listening and sharing in his enthusiastic spirit to help patients with real idea what he experienced in his travel. Irina and other patients feel transform form in his behavior and began to have worked well in the following days. This context symbolizes success in his entire journey from unhappy, crisis to the transformation in life and began with new hope. The mutual relationship among the people of having goodwill, wishes, positive valences and expectations are hope to becoming happy. From the very beginning to end of the text of research writing, I come to comprehend, people choose different way to be happy in their life but the searching for happiness only can be possible to experience and realize as a man and women is more than capital through the practiced of good marriage life, sharing love, dividing sorrow and becoming loyal in between the family members.

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