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In doing so, he uses real life case examples of people who have implemented philosophy in their lives and way of thinking. Philosophy for Life is a brief overview of the philosophical ideas and thoughts of twelve of the most famous (ancient Greek) philosophers – from Epictetus and Pythagoras to Diogenes and Socrates.

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Philosophy for Life: And other dangerous situations by ...

Nikki didn't know of any other philosophy clubs in British prisons. Nor did I, but apparently there is at least one – Alan Smith has been teaching a philosophy class in prisons for 12 years, and has actually just brought out a book about it, called Her Majesty's Prisoners.

Philosophy for life (and other sentences) | The History of ...

' He reminds us philosophy is not just about analysis. It's also about the good life.' Matthew Syed. NEW BOOK: Breaking Open: Finding a Way Through Spiritual Emergency - ' Essential reading for anyone who wants to understand the connection between spiritual awakening and psychological crisis ' - Phil Borges, CrazyWise

Philosophy for Life

My first book, Philosophy for Life and Other Dangerous Situations, explored how people are rediscovering ancient Greek and Roman philosophies and how Greek philosophy (particularly Stoicism) inspired Cognitive Behavioural Therapy (CBT). It's since been published in 19 countries and was a Times book of the year.

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Philosophy for Life and Other Dangerous Situations is so far published in 21 countries. It has been #1 in Amazon.co.uk's philosophy chart, a Guardian Books bestseller, and a Times book of the year. It presently has a 4.1 rating on Good Reads after 1245 votes, and a 4.7 rating on Amazon.co.uk after 137 reviews.

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Philosophy For Life And Other Dangerous Situations Ancient ...

Aug 29, 2020 philosophy for life and other dangerous situations ancient philosophy for modern problems Posted By Erle Stanley GardnerMedia TEXT ID 0898c42d Online PDF Ebook Epub Library Philosophy For Life And Other Dangerous Situations By

In his engaging book, Jules Evans explains how ancient philosophy saved his life, and how we can all use it to become happier, wiser and more resilient. Jules imagines a dream school, which includes 12 of the greatest and most colourful thinkers the world has ever known. Each of these ancient philosophers teaches a technique we can use to transform ourselves and live better lives. These practical techniques are illustrated by the extraordinary stories of real people who are using them today - from marines to magicians, from astronauts to anarchists and from CBT psychologists to soldiers. Jules also explores how ancient philosophy is inspiring modern communities - Socratic cafes, Stoic armies, Platonic sects, Sceptic summer camps - and even whole nations in their quest for the good life.

It is a booklet containing reflections on topics such as Philosophy of life, Purpose of life, Meaning of life, Existence of God, Morality, Women's liberation etc.

Philosophy For Life is the definitive introduction to the history of Western thought, but more than that, it is a toolkit for using philosophy in your daily life. As you read, you will develop your own critical and creative thinking, exploring the key ideas in Western Philosophy and the arguments that continue to shape our world. You will discover what philosophy is really about, learn to be a sceptic, meet Plato and Aristotle, explore the concept of mind, question free will, use philosophy to be happy, find out about Marx and materialism, see how philosophy relates to everything from comics to coffee, and ask whether god exists. Philosophy is a life-tool, a set of skills for engaging with any subject, and in Philosophy For Life, you will discover a body of wisdom and a way to develop your own critical and creative thinking. ABOUT THE SERIES People have been learning with Teach Yourself since 1938. With a vast range of practical, how-to guides covering language learning, lifestyle, hobbies, business, psychology and self-help, there's a Teach Yourself book for whatever you want to do. Join more than 60 million people who have reached their goals with Teach Yourself, and never stop learning.

A collection of essays by fifteen philosophers presenting a thoughtful, introductory guide to choosing a philosophy for living an examined and meaningful life. A VINTAGE ORIGINAL Socrates famously said "the unexamined life is not worth living," but what does it mean to truly live philosophically? This thought-provoking, wide-ranging collection brings together essays by fifteen leading philosophers reflecting on what it means to live according to a philosophy of life. From Eastern philosophies (Daoism, Confucianism, and Buddhism) and classical Western philosophies (such as Aristotelianism and Stoicism), to the four major religions, as well as contemporary philosophies (such as existentialism and effective altruism), each contributor offers a lively, personal account of how they find meaning in the practice of their chosen philosophical tradition. Together, the pieces in How to Live a Good Life provide not only a beginner's guide to choosing a life philosophy but also a timely portrait of what it means to live an examined life in the twenty-first century.

Don't just understand philosophy – live it in the open-source revival for the digital age. You find yourself in an endless forest, walking past trees like rockets. The smell of dry pine about to ignite. You see a deer, and its eyes are trying to tell you something...but what? These are some of the images of philosophy in action – the scenes you will visit and learn from.For the initiated, Augustine offers an exhortation inspired by theMeditations of Marcus Aurelius, yet everyone who struggles will find comfort in the energetic dialogues, essays, and letters within. Philosophy for Any Life embraces topics such as death, fire, chickens, anxiety, the unity of nature, sex, mindfulness, getting out of bed in the morning, anger, habit, resolve, suffering, and judgment all from the point of view of a Stoic philosopher. Thousands of years of ancient wisdom are rekindled in a fresh, modern style.

Philosophy for Life is a bold call for the practice of philosophy in our everyday lives. Philosopher and writer Rupert Read explores a series of important and often provocative contemporary political and cultural issues from a philosophical perspective, arguing that philosophy is not a body of doctrine, but a practice, a vantage point from which life should be analysed and, more importantly, acted upon. Philosophy for Life is a personal journey that explores four key areas of society today: Politics, Religion, Art, and the Environment. Taking tangible examples from modern politics, from climate change to the war on terror, and culture, from Peter Jackson's Lord of the Rings film trilogy to the poetry of T.S. Eliot, Read shows that philosophy is already an active part of today's world. This captivating and timely book offers a philosophical response to some of the key questions facing today's society and encourages us to use philosophy as a kind of therapy. Philosophy for Life shows that we can improve our perspective on the world and our place in it by doing philosophy everyday.

Our previous book, About Life, concerned modern biology. We used our present-day understanding of cells to 'define' the living state, providing a basis for exploring several general-interest topics: the origin of life, extraterrestrial life, intelligence, and the possibility that humans are unique. The ideas we proposed in About Life were intended as starting-points for debate – we did not claim them as 'truth' – but the information on which they were based is currently accepted as 'scientific fact'. What does that mean? What is 'scientific fact' and why is it accepted? What is science – and is biology like other sciences such as physics (except in subject matter)? The book you are now reading investigates these questions – and some related ones. Like About Life, it may particularly interest a reader who wishes to change career to biology and its related subdisciplines. In line with a recommendation by the British Association for the Advancement of Science – that the public should be given fuller information about the nature of science – we present the concepts underpinning biology and a survey of its historical and philosophical basis.

The author of Straw Dogs, famous for his provocative critiques of scientific hubris and the delusions of progress and humanism, turns his attention to cats—and what they reveal about humans' torturous relationship to the world and to themselves. The history of philosophy has been a predictably tragic or comical succession of palliatives for human disquiet. Thinkers from Spinoza to Berdyaev have pursued the perennial questions of how to be happy, how to be good, how to be loved, and how to live in a world of change and loss. But perhaps we can learn more from cats--the animal that has most captured our imagination--than from the great thinkers of the world. In Feline Philosophy, the philosopher John Gray discovers in cats a way of living that is unburdened by anxiety and self-consciousness, showing how they embody answers to the big questions of love and attachment, mortality, morality, and the Self: Montaigne's house cat, whose un-examined life may have been the one worth living; Meo, the Vietnam War survivor with an unshakable capacity for "fearless joy"; and Colette's Saha, the feline heroine of her subversive short story "The Cat", a parable about the pitfalls of human jealousy. Exploring the nature of cats, and what we can learn from it, Gray offers a profound, thought-provoking meditation on the follies of human exceptionalism and our fundamentally vulnerable and lonely condition. He charts a path toward a life without illusions and delusions, revealing how we can endure both crisis and transformation, and adapt to a changed scene, as cats have always done.

This book presents a history of spiritual exercises from Socrates to early Christianity, an account of their decline in modern philosophy, and a discussion of the different conceptions of philosophy that have accompanied the trajectory and fate of the theory and practice of spiritual exercises. Hadot's book demonstrates the extent to which philosophy has been, and still is, above all else a way of seeing and of being in the world.

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