

Philosophy As A Way Of Life Spiritual Exercises From Socrates To Foucault Pierre Hadot

This unique collection of essays on the late Pierre Hadot's revolutionary approach to studying and practising philosophy traces the links between his work and that of thinkers from Wittgenstein to the French postmodernists. It shows how his secular spiritual exercises expand our horizons, enabling us to be in a fuller, more authentic way. Comprehensive treatment of a neglected theme: philosophy's practical relevance in our lives. Interdisciplinary analysis reflects the wide influence of Hadot's thought. Explores the links between Hadot's ideas and those of a wealth of ancient and modern thinkers, including the French postmodernists. Offers a practical 'third way' in philosophy beyond the dichotomy of Continental and analytical traditions. A comprehensive yet accessible survey of ancient philosophy, covering Greek, Roman, and early Judeo-Christian philosophy, ideal for introductory courses in the ancient roots of modern worldviews. Part of the popular Fundamentals of Philosophy series, Ancient Philosophy is an ideal resource for beginning students as well as for advanced students wishing to hone their understanding of the philosophies of the ancient world. Clear and engaging, this book covers a representative selection of major ancient thinkers, movements, and schools of thought, including the Sophists and other significant Presocratics, Socrates, Plato, Aristotle, Hellenistic philosophy, the Stoics, the Skeptics, and early Judeo-Christian philosophy up to Augustine. Written by a prominent scholar and author in ancient philosophy studies, this book: Provides an overview of important issues in the study of the philosophies of the ancient world. Explores the relevance of the theories of ancient thinkers to the modern world. Charts the progression in the ancient world from worldviews based in mythology to systems of thought based on the analysis of evidence. Presents up-to-date scholarship as well as historical material from ancient sources. Assumes no prior knowledge of philosophy and examines all arguments carefully and sequentially.

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.

Philosophy and theology have long harboured contradictory views on spiritual practice. While philosophy advocates the therapeutic benefits of daily meditation, the theology of grace promotes an ideal of happiness bestowed with little effort. As such, the historical juxtaposition of effort and grace grounding modern spiritual exercise can be seen as the essential tension between the secular and sacred. In *Effort and Grace*, Simone Kotva explores an exciting new theory of spiritual endeavour from the tradition of French spiritualist philosophy. Spiritual exercise has largely been studied in relation to ancient philosophy and the Ignatian tradition, yet Kotva's new engagement with its more recent forms has alerted her to an understanding of contemplative practice as rife with critical potential. Here, she offers an interdisciplinary text tracing the narrative of spiritual exertion through the work of seminal French thinkers such as Maine de Biran, Félix Ravaisson, Henri Bergson, Alain (Émile Chartier), Simone Weil and Gilles Deleuze. Her findings allow both secular philosophers and theologians to understand how the spiritual life can participate in the contemporary philosophical conversation.

The Greco-Roman mathematician Claudius Ptolemy is one of the most significant figures in the history of science. He is remembered today for his astronomy, but his philosophy is almost entirely lost to history. This groundbreaking book is the first to reconstruct Ptolemy's general philosophical system—including his metaphysics, epistemology, and ethics—and to explore its relationship to astronomy, harmonics, element theory, astrology, cosmology, psychology, and theology. In this stimulating intellectual history, Jacqueline Feki uncovers references to a complex and sophisticated philosophical agenda scattered among Ptolemy's technical studies in the physical and mathematical sciences. She shows how he developed a philosophy that was radical and even subversive, appropriating ideas and turning them against the very philosophers from whom he drew influence. Feki reveals how Ptolemy's unique system is at once a critique of prevailing philosophical trends and a conception of the world in which mathematics reigns supreme. A compelling work of scholarship, Ptolemy's *Philosophy* demonstrates how Ptolemy situated mathematics at the very foundation of all philosophy—theoretical and practical—and advanced the mathematical way of life as the true path to human perfection.

This collection of writings from Pierre Hadot (1922-2010) presents, for the first time, previously unreleased and in some cases untranslated materials from one of the world's most prominent classical philosophers and historians of thought. As a passionate proponent of philosophy as a 'way of life' (most powerfully communicated in the life of Socrates), Pierre Hadot rejuvenated interest in the ancient philosophers and developed a philosophy based on their work which is peculiarly contemporary. His radical recasting of philosophy in the West was both provocative and substantial. Indeed, Michel Foucault cites Pierre Hadot as a major influence on his work. This beautifully written, lucid collection of writings will not only be of interest to historians, classicists and philosophers but also those interested in nourishing, as Pierre Hadot himself might have put it, a 'spiritual life'.

What existed before the Universe was created? Where does self-worth come from? Do the ends always justify the means? The *Philosophy Book* answers the most profound questions we all have. It is your visual guide to the fundamental nature of existence, society, and how we think. Discover what it means to be free, whether science can predict the future, or how language shapes our thoughts. Learn about the world's greatest philosophers, from Plato and Confucius to modern thinkers such as Chomsky and Derrida and follow charts and timelines that graphically show the progression of ideas and logic. Written in plain English, with concise explanations of branches of philosophy such as metaphysics and ethics, it untangles complicated theories and makes sense of abstract concepts. It is an ideal reference whether you're a student or a general reader, with simple explanations of big ideas, including the four noble truths, the soul, class struggle, moral purpose, and good and evil. If you're curious about the deeper questions in life, *The Philosophy Book* is both an invaluable reference and illuminating read.

Pierre Hadot is arguably one of the most influential and wide-ranging historians of ancient philosophy writing today. As well as having an important influence on the work of Michel Foucault,

Hadot's work has been pivotal in the development of contemporary French philosophy. His work is currently concerned with a redefinition of modern philosophy through a study of ancient life and ancient philosophical texts. 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.

This book explores the symbiotic relationship between philosophy and culture. Every philosophy emerges as a reaction to, or as justification for a particular culture and it is for this reason that philosophy may differ from one culture to another. It argues that philosophy is an essential part of every culture. Philosophy is the means by which every culture provides itself with justification for its values, beliefs and worldview and also serves as a catalyst for progress. Philosophy critically questions and confronts established beliefs, customs, practices, and institutions of a society. As reflective critical thinking, philosophy is linked to a way of life; a form of enquiry intended to guide behaviour; a form of thinking that sharpens and broadens our intellectual horizon, scrutinizes our assumptions, and clarifies the beliefs and values by which we live. Philosophy helps to liberate the individual from the imprisonment of ignorance, prejudice, superstition, narrow-mindedness, and the despotism of custom. Culture constitutes the raw data, the laboratory from which philosophers do their analytic experimentation. Culture is considered as philosophy of the first order activity. The book maintains that any genuine global philosophy must include philosophical traditions from all cultures and regions of the world, as it is by seeking alternative philosophical answers to some of the thorniest problems facing humanity that we are most likely to find more lasting solutions to some global problems. In this commitment to a universal humanity, we cannot afford to depend on solutions from a single culture or from the most influential cultures.

A New York Times Notable Book for 2011 We all want to know how to live. But before the good life was reduced to ten easy steps or a prescription from the doctor, philosophers offered arresting answers to the most fundamental questions about who we are and what makes for a life worth living. In *Examined Lives*, James Miller returns to this vibrant tradition with short, lively biographies of twelve famous philosophers. Socrates spent his life examining himself and the assumptions of others. His most famous student, Plato, risked his reputation to tutor a tyrant. Diogenes carried a bright lamp in broad daylight and announced he was "looking for a man." Aristotle's alliance with Alexander the Great presaged Seneca's complex role in the court of the Roman Emperor Nero. Augustine discovered God within himself. Montaigne and Descartes struggled to explore their deepest convictions in eras of murderous religious warfare. Rousseau aspired to a life of perfect virtue. Kant elaborated a new ideal of autonomy. Emerson successfully preached a gospel of self-reliance for the new American nation. And Nietzsche tried "to compose into one and bring together what is fragment and riddle and dreadful chance in man," before he lapsed into catatonic madness. With a flair for paradox and rich anecdote, *Examined Lives* is a book that confirms the continuing relevance of philosophy today—and explores the most urgent questions about what it means to live a good life.

Now in a special gift edition, and featuring a brand new foreword by Anthony Gottlieb, this is a dazzlingly unique exploration of the works of significant philosophers throughout the ages and a definitive must-have title that deserves a revered place on every bookshelf.

This is a major reinterpretation of ancient philosophy that recovers the long Greek and Roman tradition of philosophy as a complete way of life--and not simply an intellectual discipline. Distinguished philosopher John Cooper traces how, for many ancient thinkers, philosophy was not just to be studied or even used to solve particular practical problems. Rather, philosophy--not just ethics but even logic and physical theory--was literally to be lived. Yet there was great disagreement about how to live philosophically: philosophy was not one but many, mutually opposed, ways of life. Examining this tradition from its establishment by Socrates in the fifth century BCE through Plotinus in the third century CE and the eclipse of pagan philosophy by Christianity, *Pursuits of Wisdom* examines six central philosophies of living--Socratic, Aristotelian, Stoic, Epicurean, Skeptic, and the Platonist life of late antiquity. The book describes the shared assumptions that allowed these thinkers to conceive of their philosophies as ways of life, as well as the distinctive ideas that led them to widely different conclusions about the best human life. Clearing up many common misperceptions and simplifications, Cooper explains in detail the Socratic devotion to philosophical discussion about human nature, human life, and human good; the Aristotelian focus on the true place of humans within the total system of the natural world; the Stoic commitment to dutifully accepting Zeus's plans; the Epicurean pursuit of pleasure through tranquil activities that exercise perception, thought, and feeling; the Skeptical eschewal of all critical reasoning in forming their beliefs; and, finally, the late Platonist emphasis on spiritual concerns and the eternal realm of Being. *Pursuits of Wisdom* is essential reading for anyone interested in understanding what the great philosophers of antiquity thought was the true purpose of philosophy--and of life.

An inspired gathering of religious writings that reveals the "divine reality" common to all faiths, collected by Aldous Huxley "The Perennial Philosophy," Aldous Huxley writes, "may be found among the traditional lore of peoples in every region of the world, and in its fully developed forms it has a place in every one of the higher religions." With great wit and stunning intellect—drawing on a diverse array of faiths, including Zen Buddhism, Hinduism, Taoism, Christian mysticism, and Islam—Huxley examines the spiritual beliefs of various religious traditions and explains how they are united by a common human yearning to experience the divine. *The Perennial Philosophy* includes selections from Meister Eckhart, Rumi, and Lao Tzu, as well as the Bhagavad Gita, Tibetan Book of the Dead, Diamond Sutra, and Upanishads, among many others.

What do Socrates, Hypatia, Giordano Bruno, Thomas More, and Jan Patočka have in common? First, they were all faced one day with the most difficult of choices: stay faithful to your ideas and die or renounce them and stay alive. Second, they all chose to die. Their spectacular deaths have become not only an integral part of their biographies, but are also inseparable from their work. A "death for ideas" is a piece of philosophical work in its own right; Socrates may have never written a line, but his death is one of the greatest philosophical best-sellers of all time. *Dying for Ideas* explores the limit-situation in which philosophers find themselves when the only means of persuasion they can use is their own dying bodies and the public spectacle of their death. The book tells the story of the philosopher's encounter with death as seen from several angles: the tradition of philosophy as an art of living; the body as the site of self-transcending; death as a classical philosophical topic; taming death and self-fashioning; finally, the philosophers' scapegoating and their live performance of a martyr's death, followed by apotheosis and disappearance into myth. While rooted in the history of philosophy, *Dying for Ideas* is an exercise in breaking disciplinary boundaries. This is a book about Socrates and Heidegger, but also

about Gandhi's "fasting unto death" and self-immolation; about Girard and Passolini, and self-fashioning and the art of the essay.

Philosophy is the quest for a life that is fully alive. Drawing on the insights of philosophers through the ages, *The Way of Philosophy* clarifies what it means to live life intensely. It exposes the shallowness of conventional wisdom by asking such questions as -Can science know everything? -Should we do it if it feels good? -Is beauty in the eye of the beholder? -Is life about creating ourselves? -Is love supposed to be selfless? -Can we ignore death? -If God exists, why is he hiding? Philosophers invite us to go down deep and live a life in light of truth, goodness, and beauty. If we tread this path, we can discover for ourselves the hidden source of the philosophical life in the unending wellspring of wonder.

Throughout his career, Robert B. Pippin has examined the relationship between philosophy and the arts. With his writings on film, literature, and visual modernism, he has shown that there are aesthetic objects that cannot be properly understood unless we acknowledge and reflect on the philosophical concerns that are integral to their meaning. His latest book, *Philosophy by Other Means*, extends this trajectory, offering a collection of essays that present profound considerations of philosophical issues in aesthetics alongside close readings of novels by Henry James, Marcel Proust, and J. M. Coetzee. The arts hold a range of values and ambitions, offering beauty, playfulness, and craftsmanship while deepening our mythologies and enriching the human experience. Some works take on philosophical ambitions, contributing to philosophy in ways that transcend the discipline's traditional analytic and discursive forms. Pippin's claim is twofold: criticism properly understood often requires a form of philosophical reflection, and philosophy is impoverished if it is not informed by critical attention to aesthetic objects. In the first part of the book, he examines how philosophers like Kant, Hegel, and Adorno have considered the relationship between art and philosophy. The second part of the book offers an exploration of how individual artworks might be considered forms of philosophical reflection. Pippin demonstrates the importance of practicing philosophical criticism and shows how the arts can provide key insights that are out of reach for philosophy, at least as traditionally understood.

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.

"An eloquent expression of a great hope that philosophy may again become an activity really relevant not only to the perennial problems of life and death but to the unusual configurations of such problems in our time."—Julian N. Hartt, *Yale Review* "Original, sincere, cultivated, and stimulating."—*Philosophy* One of the founders of existentialism, the eminent philosopher Karl Jaspers here presents for the general reader an introduction to philosophy. In doing so, he also offers a lucid summary of his own philosophical thought. In Jaspers' view, the source of philosophy is to be found "in wonder, in doubt, in a sense of forsakenness," and the philosophical quest is a process of continual change and self-discovery. In a new foreword to this edition, Richard M. Owsley provides a brief overview of Jaspers' life and achievement.

Originally published by Scholars Press Now Available from Duke University Press One of the most urgent and persistent of human problems was first posed by Aristotle: What is the best and most worthwhile life that a human being can live? Surveying some fourteen thinkers—ancient and modern, Eastern and Western—this work describes the various pathways that have been taken toward answering Aristotle's question. Each pathway is subjected to four questions: 1) how does it define the "problem" of life? 2) what is the cause of the problem? 3) what is the solution to that problem? and 4) what is the way or means of achieving that solution? The comparison of alternative answers to Aristotle's question provides students of philosophy, religion, and the humanities with a provocative and engaging introduction to the major concepts, vocabulary, problems, and solutions endemic to philosophical thinking. Each chapter is accompanied by a series of questions which encourage the reader to examine critically not only the philosophy under discussion but his or her own views about what constitutes the worthwhile life. Exemplary in the clarity of its purpose and expression, *The Ways of Philosophy* is both an accessible introduction to the discipline and a reminder that philosophy attempts to provide practical solutions to genuine human problems.

Existentialism was one of the leading philosophical movements of the twentieth century. Focusing on its seven leading figures, Sartre, Nietzsche, Heidegger, Kierkegaard, de Beauvoir, Merleau-Ponty and Camus, this *Very Short Introduction* provides a clear account of the key themes of the movement which emphasized individuality, free will, and personal responsibility in the modern world. Drawing in the movement's varied relationships with the arts, humanism, and politics, this book clarifies the philosophy and original meaning of 'existentialism' - which has tended to be obscured by misappropriation. Placing it in its historical context, Thomas Flynn also highlights how existentialism is still relevant to us today. ABOUT THE SERIES: The *Very Short Introductions* series from Oxford University Press contains hundreds of titles in almost every subject area. These pocket-sized books are the perfect way to get ahead in a new subject quickly. Our expert authors combine facts, analysis, perspective, new ideas, and enthusiasm to make interesting and challenging topics highly readable.

Michel Foucault is one of the most important and controversial thinkers of the twentieth century and one of the leading figures in contemporary Western intellectual life and debate. The recent publication of his last lecture courses at the Collège de France (1981-1984), together with the short texts, essays, and interviews from the same period, have sparked new interest in his work, allowing for a new understanding of his philosophical trajectory and challenging several interpretations produced over the last few decades. In this later phase of his thinking, Foucault deepens and expands the course of his preceding works on the genealogy of subjectivity, while at the same time adding a significant ethical and political dimension to it. His focus on the ancient ethics of care of the self and technologies of self-constitution during this period adds important nuances to his previous positions on power, truth, and subjectivity, shedding new light on his philosophical endeavour as a whole and situating his reflections at the centre of current moral debates. Focusing on the last stage of Foucault's thought, this book brings together international scholars to relaunch the critical debate on the significance of Foucault's so-called "ethical turn" and to discuss the ways in which the perspectives offered by Foucault in this period might help us to unravel modernity, giving us the tools to understand and transform our present, ethically and politically.

We think the way we do because Socrates thought the way he did. His aphorism 'The unexamined life is not worth living' may have originated twenty-five centuries ago, but it is a founding principle of modern life. For seventy years Socrates was a vigorous citizen of Golden Age Athens, philosophising in the squares and public arenas rather than in the courts of kings, before his beloved city turned on him, condemning him to death by poison. Socrates lived in and contributed to a city that nurtured key ingredients of contemporary civilisation - democracy, liberty, science, drama, rational thought - yet, as he wrote almost nothing down, he himself is an enigmatic figure. In *The Hemlock Cup*, acclaimed historian Bettany Hughes gives Socrates the biography he deserves, painstakingly piecing together Socrates' life and using fresh evidence to get closer to the man who asked 'how should we live?' - a question as relevant now as it has ever been.

From the team that brought you *The Obstacle Is the Way* and *Ego Is the Enemy*, a beautiful daily devotional of Stoic meditations—an instant *Wall Street Journal* and *USA Today* Bestseller. Why have history's

greatest minds—from George Washington to Frederick the Great to Ralph Waldo Emerson, along with today's top performers from Super Bowl-winning football coaches to CEOs and celebrities—embraced the wisdom of the ancient Stoics? Because they realize that the most valuable wisdom is timeless and that philosophy is for living a better life, not a classroom exercise. The Daily Stoic offers 366 days of Stoic insights and exercises, featuring all-new translations from the Emperor Marcus Aurelius, the playwright Seneca, or slave-turned-philosopher Epictetus, as well as lesser-known luminaries like Zeno, Cleanthes, and Musonius Rufus. Every day of the year you'll find one of their pithy, powerful quotations, as well as historical anecdotes, provocative commentary, and a helpful glossary of Greek terms. By following these teachings over the course of a year (and, indeed, for years to come) you'll find the serenity, self-knowledge, and resilience you need to live well.

In the ancient world, philosophy was understood to be a practical guide for living, or even itself a way of life. This volume of essays brings historical views about philosophy as a way of life, coupled with their modern equivalents, more prevalently into the domain of the contemporary scholarly world. Illustrates how the articulation of philosophy as a way of life and its pedagogical implementation advances the love of wisdom Questions how we might convey the love of wisdom as not only a body of dogmatic principles and axiomatic truths but also a lived exercise that can be practiced Offers a collection of essays on an emerging field of philosophical research Essential reading for academics, researchers and scholars of philosophy, moral philosophy, and pedagogy; also business and professional people who have an interest in expanding their horizons

Maieusis pays tribute to the highly influential work of Myles Burnyeat, whose contributions to the study of ancient philosophy have done much to enhance the profile of the subject around the world. What is distinctive about his work is his capacity to deepen our understanding of the relation between ancient and modern thought, and to combine the best of contemporary philosophy - its insights as well as its rigour - with a deep sensitivity to classical texts. Nineteen of the world's leading experts in the field examine a wide range of topics in ancient philosophy, with a particular focus on Plato. Topics include Socrates and the nature of philosophy, the different aspects of eros in the Symposium, Republic and Phaedrus, the Phaedo's arguments for immortality, wars and warriors in Plato, and the different aspects of the cave allegory in the Republic. .

C. S. Lewis, renowned Christian apologist and beloved author of childrens novels, is rarely thought of as a philosopher per se despite having both studied and taught philosophy for several years at Oxford. Moreover, Lewis's long journey to Christianity was essentially philosophical passing through seven different stages. This journey, as well as every philosophical topic Lewis discussed, including metaphysics, natural theology, epistemology, logic, psychology, ethics, socio-political philosophy, and aesthetics are explained here in detail. Barkman incorporates previously unexplored treasures from Lewis's unpublished philosophy lecture notes, lost philosophical essays, and hand-written annotations from copies of his philosophical books, such as Aristotle's Ethics and Augustine's City of God.

Indispensable ~ Dr. James Como, author of Remembering C.S. Lewis. A magisterial work, chock full of fresh historical tidbits and penetrating analysis. ~ Dr. David Bagget, author of C.S. Lewis as Philosopher.

Called by many France's foremost philosopher, Gilles Deleuze is one of the leading thinkers in the Western World. His acclaimed works and celebrated collaborations with Félix Guattari have established him as a seminal figure in the fields of literary criticism and philosophy. The long-awaited publication of What Is Philosophy? in English marks the culmination of Deleuze's career. Deleuze and Guattari differentiate between philosophy, science, and the arts, seeing as means of confronting chaos, and challenge the common view that philosophy is an extension of logic. The authors also discuss the similarities and distinctions between creative and philosophical writing. Fresh anecdotes from the history of philosophy illuminate the book, along with engaging discussions of composers, painters, writers, and architects. A milestone in Deleuze's collaboration with Guattari, What Is Philosophy? brings a new perspective to Deleuze's studies of cinema, painting, and music, while setting a brilliant capstone upon his work.

Since its original publication in France in 1963, Pierre Hadot's lively philosophical portrait of Plotinus remains the preeminent introduction to the man and his thought. Michael Chase's lucid translation—complete with a useful chronology and analytical bibliography—at last makes this book available to the English-speaking world. Hadot carefully examines Plotinus's views on the self, existence, love, virtue, gentleness, and solitude. He shows that Plotinus, like other philosophers of his day, believed that Plato and Aristotle had already articulated the essential truths; for him, the purpose of practicing philosophy was not to profess new truths but to engage in spiritual exercises so as to live philosophically. Seen in this light, Plotinus's counsel against fixation on the body and all earthly matters stemmed not from disgust or fear, but rather from his awareness of the negative effect that bodily preoccupation and material concern could have on spiritual exercises.

Buddhist Philosophy: A Comparative Approach presents a series of readings that examine the prominent thinkers and texts of the Buddhist tradition in the round, introducing contemporary readers to major theories and debates at the intersection of Buddhist and Western thought. Takes a comparative, rather than oppositional, approach to Buddhist philosophy, exploring key theories and debates at the intersection of Eastern and Western thought Addresses a variety of topics that represent important points of convergence between the Buddhist and Western philosophical traditions Features contributions from a wide array of acclaimed international scholars in the discipline Provides a much-needed cross-cultural treatment of Buddhist philosophy appropriate for undergraduate students and specialists alike NATIONAL BESTSELLER Eight months on the bestseller lists in France! From the timeless wisdom of the ancient Greeks to Christianity, the Enlightenment, existentialism, and postmodernism, Luc Ferry's instant classic brilliantly and accessibly explains the enduring teachings of philosophy—including its profound relevance to modern daily life and its essential role in achieving happiness and living a meaningful life. This lively journey through the great thinkers will enlighten every reader, young and old.

In this first ever introduction to philosophy as a way of life in the Western tradition, Matthew Sharpe and Michael Ure take us through the history of the idea from Socrates and Plato, via the medievals, Renaissance and Enlightenment thinkers, to Schopenhauer and Nietzsche, Foucault and Hadot. They examine the kinds of practical exercises each thinker recommended to transform their philosophy into manners of living. Philosophy as a Way of Life also examines the recent resurgence of thinking about philosophy as a practical, lived reality and why this ancient tradition still has so much relevance and power in the contemporary world.

Hadot shows how the schools, trends, and ideas of ancient Greek and Roman philosophy strove to transform the individual's mode of perceiving and being in the world. For the ancients, philosophical theory and the philosophical way of life were inseparably linked. Hadot asks us to consider whether and how this connection might be reestablished today.

Until rather recently, philosophy, when practiced as a way of life, was, for most, a communal enterprise of mutually reinforced personal cultivation. It is time, yet again, to revitalize this lost, but vital, intercultural mode of philosophy.

This revolutionary book empowers its readers by exploring enduring, challenging, and timely philosophical issues in new essays written by expert women philosophers. The book will inspire and entice these philosophers' younger counterparts, curious readers of all genders, and all who support equity in philosophy. If asked to envision a philosopher,

people might imagine a bearded man, probably Greek, perhaps in a toga, pontificating about abstract ideas. Or they might think of that same man in the Enlightenment, gripping a quill pen and pouring universal truths onto a page. They may even call to mind a much more modern man, wearing a black sweater and smoking a cigarette in a Paris café, expressing existential angst in a new novel or essay. What people are unlikely to picture, though, is a woman. Women have historically been excluded from the discipline of philosophy and remain largely marginalized in contemporary textbooks and anthologies. The under-representation of women in secondary and post-secondary curricula makes it harder for young women to see themselves as future philosophers. In fact, it makes it harder for all people to engage the valuable contributions that women have made and continue to make to intellectual thought. While some progress has been made in building a more inclusive world of philosophy, especially in the last fifty years, important work remains to be done. *Philosophy for Girls* helps correct the pervasive and problematic omission of women from philosophy. Divided into four sections that connect to major, primary fields in philosophy (metaphysics, epistemology, social and political philosophy, and ethics), this anthology is unique: chapters are all written by women, and each chapter opens with an anecdote about a girl or woman from mythology, history, art, literature, or science to introduce chapter topics. Further, nearly all primary and secondary sources used in the chapters are written by women philosophers. The book is written in a rigorous, academic spirit but in lively and engaging prose, making serious philosophical insights accessible to readers who are new to philosophy. This book appeals to a wide audience. Individual readers will find value in these pages--especially girls and women ages 16-24, as well as university and high school educators and students who want a change from standard anthologies that include few or no women. The book's contributors both represent and map the diverse landscape of philosophy, highlighting its engagement with themes of gender and equity. In doing so, they encourage philosophers current and future philosophers to explore new territory and further develop the topography of the field. *Philosophy for Girls* is a rigorous yet accessible entry-point to philosophical contemplation designed to inspire a new generation of philosophers.

Philosophy begins with questions about the nature of reality and how we should live. These were the concerns of Socrates, who spent his days in the ancient Athenian marketplace asking awkward questions, disconcerting the people he met by showing them how little they genuinely understood. This engaging book introduces the great thinkers in Western philosophy and explores their most compelling ideas about the world and how best to live in it. In forty brief chapters, Nigel Warburton guides us on a chronological tour of the major ideas in the history of philosophy. He provides interesting and often quirky stories of the lives and deaths of thought-provoking philosophers from Socrates, who chose to die by hemlock poisoning rather than live on without the freedom to think for himself, to Peter Singer, who asks the disquieting philosophical and ethical questions that haunt our own times. Warburton not only makes philosophy accessible, he offers inspiration to think, argue, reason, and ask in the tradition of Socrates. *A Little History of Philosophy* presents the grand sweep of humanity's search for philosophical understanding and invites all to join in the discussion.

Frank Herbert's *Dune* is the biggest-selling science fiction story of all time; the original book and its numerous sequels have transported millions of readers into the alternate reality of the Duniverse. *Dune and Philosophy* raises intriguing questions about the Duniverse in ways that will be instantly meaningful to fans. Those well-known characters--Paul Atreides, Baron Harkonnen, Duncan Idaho, Stilgar, the Bene Gesserit witches--come alive again in this fearless philosophical probing of some of life's most basic questions. *Dune* presents us with a vast world in which fanaticism is merciless and history is made by the interplay of ruthless conspiracies. Computers have long been outlawed, so that the abilities of human beings are developed to an almost supernatural level. The intergalactic empire controlled by a privileged aristocracy raises all the old questions of human interaction in a strange yet weirdly familiar setting. Do secret conspiracies direct the future course of human political evolution? Can manipulation of the gene pool create a godlike individual? Are strife and bloodshed essential to progress? Can we know so much about the future that we lose the power to make a difference? Does reliance on valuable resources--such as "spice," oil, and water--place us at the mercy of those who can destroy those resources? When gholas are reconstructed from the cells of dead people and given those people's memories, is the gholas the dead person resurrected? Can the exploitation of religion for political ends be reduced to a technique? Philosophers who are fans of *Dune* will trek through the desert of the Duniverse seeing answers to these and other questions.

An Introduction to Philosophical Methods is the first book to survey the various methods that philosophers use to support their views. Rigorous yet accessible, the book introduces and illustrates the methodological considerations that are involved in current philosophical debates. Where there is controversy, the book presents the case for each side, but highlights where the key difficulties with them lie. While eminently student-friendly, the book makes an important contribution to the debate regarding the acceptability of the various philosophical methods, and so it will also be of interest to more experienced philosophers.

An ambitious new history of philosophy in English that broadens the canon to include many lesser-known figures Ludwig Wittgenstein once wrote that "philosophy should be written like poetry." But philosophy has often been presented more prosaically as a long trudge through canonical authors and great works. But what, Jonathan Rée asks, if we instead saw the history of philosophy as a haphazard series of unmapped forest paths, a mass of individual stories showing endurance, inventiveness, bewilderment, anxiety, impatience, and good humor? Here, Jonathan Rée brilliantly retells this history, covering such figures as Descartes, Locke, Kant, Hegel, Marx, Nietzsche, Mill, James, Frege, Wittgenstein, and Sartre. But he also includes authors not usually associated with philosophy, such as William Hazlitt, George Eliot, Darwin, and W. H. Auden. Above all, he uncovers dozens of unremembered figures—puritans, revolutionaries, pantheists, feminists, nihilists, socialists, and scientists—who were passionate and active readers of philosophy, and often authors themselves. Breaking away from high-altitude narratives, he shows how philosophy finds its way into ordinary lives, enriching and transforming

them in unexpected ways.

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