

The Examined Life Philosophical Meditations

Know Thyself: The Value and Limits of Self-Knowledge takes the reader on tour of the nature, value, and limits of self-knowledge. Mitchell S. Green calls on classical sources like Plato and Descartes, 20th-century thinkers like Freud, recent developments in neuroscience and experimental psychology, and even Buddhist philosophy to explore topics at the heart of who we are. The result is an unvarnished look at both the achievements and drawbacks of the many attempts to better know one's own self. Key topics in this volume include: Knowledge – what it means to know, the link between wisdom and knowledge, and the value of living an "examined life" Personal identity – questions of dualism (the idea that our mind is not only our brain), bodily continuity, and personhood The unconscious — including the kind posited by psychoanalysis as well as the form proposed by recent research on the so-called adaptive unconscious Free will – if we have it, and the recent arguments from neuroscience challenging it Self-misleading – the ways we willfully deceive ourselves, and how this relates to empathy, peer disagreement, implicit bias, and intellectual humility Experimental psychology – considerations on the automaticity of emotion and other cognitive processes, and how they shape us This book is designed to be used in conjunction with the free 'Know Thyself' MOOC (massive open online course) created through

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collaboration of the University of Connecticut's Project on Humility and Conviction in Public Life, and the University of Edinburgh's Eidyn research centre, and hosted on the Coursera platform (<https://www.coursera.org/learn/knowthyself>). The book is also suitable as a text for interdisciplinary courses in the philosophy of mind or self-knowledge, and is highly recommended for anyone looking for a short overview of this fascinating topic. Practical reasoning and clear thinking are essential for everyone if we are to make sense of the information we receive each day. Being able to quickly know the difference between valid and invalid arguments, the contradictory versus the contrary, vagueness and ambiguity, contradiction and self-contradiction, the truthful and the fallacious, separates clear thinkers from the crowd. How to Think Straight lays the foundation for critical reasoning by showing many ways in which our thinking goes awry. Celebrated philosopher Antony Flew entertainingly instructs on the many and varied faults that occur in argument, the power of reason, how to challenge assertions and find evidence, and how not to be persuaded by half-truths. Flew also examines poor reasoning, and why we should be concerned with finding the truth. Lucid, terse, and sensible, with study questions and exercises to help along the way, this enlightening second edition will help you develop the skills necessary to argue and reason effectively by following a few simple, easy-to-remember directions.

In this acclaimed work, first published in 1986, world-renowned scholar Arthur C. Danto explored the inextricably linked but often misunderstood relationship

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between art and philosophy. In light of the book's impact -- especially the essay "The End of Art," which dramatically announced that art ended in the 1960s -- this enhanced edition includes a foreword by Jonathan Gilmore that discusses how scholarship has changed in response to it. Complete with a new bibliography of work on and influenced by Danto's ideas, *The Philosophical Disenfranchisement of Art* continues to be of interest to anyone who thinks seriously about art, as well as to philosophers, aestheticians, and art historians.

In the tradition of *How to Live and How Proust Can Change Your Life*, a philosopher asks how ancient Stoicism can help us flourish today. Whenever we worry about what to eat, how to love, or simply how to be happy, we are worrying about how to lead a good life. No goal is more elusive. In *How to Be a Stoic*, philosopher Massimo Pigliucci offers Stoicism, the ancient philosophy that inspired the great emperor Marcus Aurelius, as the best way to attain it. Stoicism is a pragmatic philosophy that focuses our attention on what is possible and gives us perspective on what is unimportant. By understanding Stoicism, we can learn to answer crucial questions: Should we get married or divorced? How should we handle our money in a world nearly destroyed by a financial crisis? How can we survive great personal tragedy? Whoever we are, Stoicism has something for us--and *How to Be a Stoic* is the essential guide.

Casting cultural controversies in a whole new light, an eminent philosopher presents bold, new theories that take into account scientific advances in physics, evolutionary biology, economics, and cognitive

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neuroscience.

Repeatedly and successfully, the celebrated Harvard philosopher Robert Nozick has reached out to a broad audience beyond the confines of his discipline, addressing ethical and social problems that matter to every thoughtful person. Here Nozick continues his search for the connections between philosophy and "ordinary" experience. In the lively and accessible style that his readers have come to expect, he offers a bold theory of rationality, the one characteristic deemed to fix humanity's "specialness." What are principles for? asks Nozick. We could act simply on whim, or maximize our self-interest and recommend that others do the same. As Nozick explores rationality of decision and rationality of belief, he shows how principles actually function in our day-to-day thinking and in our efforts to live peacefully and productively with each other. Throughout, the book combines daring speculations with detailed investigations to portray the nature and status of rationality and the essential role that imagination plays in this singular human aptitude.

The New York Times bestselling author of *The Geography of Bliss* embarks on a rollicking intellectual journey, following in the footsteps of history's greatest thinkers and showing us how each—from Epicurus to Gandhi, Thoreau to Beauvoir—offers practical and spiritual lessons for today's unsettled times. We turn to philosophy for the same reasons we travel: to see the world from a different perspective, to unearth hidden beauty, and to find new ways of being. We want to learn how to embrace wonder. Face regrets. Sustain hope.

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Eric Weiner combines his twin passions for philosophy and travel in a globe-trotting pilgrimage that uncovers surprising life lessons from great thinkers around the world, from Rousseau to Nietzsche, Confucius to Simone Weil. Traveling by train (the most thoughtful mode of transport), he journeys thousands of miles, making stops in Athens, Delhi, Wyoming, Coney Island, Frankfurt, and points in between to reconnect with philosophy's original purpose: teaching us how to lead wiser, more meaningful lives. From Socrates and ancient Athens to Beauvoir and 20th-century Paris, Weiner's chosen philosophers and places provide important practical and spiritual lessons as we navigate today's chaotic times. In a "delightful" odyssey that "will take you places intellectually and humorously" (San Francisco Book Review), Weiner invites us to voyage alongside him on his life-changing pursuit of wisdom and discovery as he attempts to find answers to our most vital questions. The Socrates Express is "full of valuable lessons...a fun, sharp book that draws readers in with its apparent simplicity and bubble-gum philosophy approach and gradually pulls them in deeper and deeper" (NPR).

The ancient Roman philosopher Cicero wrote that philosophy is *ars vitae*, the art of living. Today, signs of stress and duress point to a full-fledged crisis for individuals and communities while current modes of making sense of our lives prove inadequate. Yet, in this time of alienation and spiritual longing, we can glimpse signs of a renewed interest in ancient approaches to the art of living. In this ambitious and

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timely book, Elisabeth Lasch-Quinn engages both general readers and scholars on the topic of well-being. She examines the reappearance of ancient philosophical thought in contemporary American culture, probing whether new stirrings of Gnosticism, Stoicism, Epicureanism, Cynicism, and Platonism present a true alternative to our current therapeutic culture of self-help and consumerism, which elevates the self's needs and desires yet fails to deliver on its promises of happiness and healing. Do the ancient philosophies represent a counter-tradition to today's culture, auguring a new cultural vibrancy, or do they merely solidify a modern way of life that has little use for inwardness—the cultivation of an inner life—stemming from those older traditions? Tracing the contours of this cultural resurgence and exploring a range of sources, from scholarship to self-help manuals, films, and other artifacts of popular culture, this book sees the different schools as organically interrelated and asks whether, taken together, they can point us in important new directions. *Ars Vitae* sounds a clarion call to take back philosophy as part of our everyday lives. It proposes a way to do so, sifting through the ruins of long-forgotten and recent history alike for any shards helpful in piecing together the coherence of a moral framework that allows us ways to move forward toward the life we want and need.

One of the foremost philosophers of our time, Robert

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Nozick continues the Socratic tradition of investigation. This volume, which illustrates the originality, force, and scope of his work, also displays Nozick's trademark blending of extraordinary analytical rigor with intellectual playfulness. As such, *Socratic Puzzles* testifies to the great pleasure that both doing and reading philosophy can be. Comprising essays and philosophical fictions, classics and new work, the book ranges from Socrates to W. V. Quine, from the implications of an Israeli kibbutz to the flawed arguments of Ayn Rand. Nozick considers the figure of Socrates himself as well as the Socratic method (why is it a "method" of getting at the truth?). Many of these essays bring classic methods to bear on new questions about choice. How should you choose in a disconcerting situation ("Newcomb's Problem") when your decisions are completely predictable? Why do threats and not offers typically coerce our choices? How do we make moral judgments when we realize that our moral principles have exceptions? Other essays present new approaches to familiar intellectual puzzles, from the stress on simplicity in scientific hypotheses to the tendency of intellectuals to oppose capitalism. As up to date as the latest reflections on animal rights; as perennial as the essentials of aesthetic merit (doggerel by Isaac Newton goes to prove that changing our view of the world won't suffice); as

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whimsical as a look at how some philosophical problems might appear from God's point of view: these essays attest to the timeliness and timelessness of Nozick's thinking. With a personal introduction, in which Nozick discusses the origins, tools, and themes of his work, Socratic Puzzles demonstrates how philosophy can constitute a way of life.

PHILOSOPHY/EASTERN RELIGIONS

A married person falls deeply in love with someone else. A man of average income feels he cannot be truly happy unless he owns an expensive luxury car. A dieter has an irresistible craving for ice cream. Desires often come to us unbidden and unwanted, and they can have a dramatic impact, sometimes changing the course of our lives. In *On Desire*, William B. Irvine takes us on a wide-ranging tour of our impulses, wants, and needs, showing us where these feelings come from and how we can try to rein them in. Spicing his account with engaging observations by writers like Seneca, Tolstoy, and Freud, Irvine considers the teachings of Buddhists, Hindus, the Amish, Shakers, and Catholic saints, as well as those of ancient Greek and Roman and modern European philosophers. Irvine also looks at what modern science can tell us about desire--such as what happens in the brain when we desire something and how animals evolved particular desires--and he advances a new theory about how

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desire itself evolved. Irvine also suggests that at the same time that we gained the ability to desire, we were "programmed" to find some things more desirable than others. Irvine concludes that the best way to attain lasting happiness is not to change the world around us or our place in it, but to change ourselves. If we can convince ourselves to want what we already have, we can dramatically enhance our happiness. Brimming with wisdom and practical advice, *On Desire* offers a thoughtful approach to controlling unwanted passions and attaining a more meaningful life.

In this highly original work, Robert Nozick develops new views on philosophy's central topics and weaves them into a unified philosophical perspective. It is many years since a major work in English has ranged so widely over philosophy's fundamental concerns: the identity of the self, knowledge and skepticism, free will, the question of why there is something rather than nothing, the foundations of ethics, the meaning of life. Writing in a distinctive and personal philosophical voice, Mr. Nozick presents a new mode of philosophizing. In place of the usual semi-coercive philosophical goals of proof, of forcing people to accept conclusions, this book seeks philosophical explanations and understanding, and thereby stays truer to the original motivations for being interested in philosophy. Combining new concepts, daring hypotheses,

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rigorous reasoning, and playful exploration, the book exemplifies how philosophy can be part of the humanities.

How is Jerry like Socrates? Is it rational for George to "do the opposite?" Would Simone de Beauvoir say that Elaine is a feminist? Is Kramer stuck in Kierkegaard's aesthetic stage? Seinfeld and Philosophy is both an enlightening look at the most popular sitcom of the decade and an entertaining introduction to philosophy via Seinfeld's plots and characters. These fourteen essays, which explore the ideas of Plato, Aristotle, Lao-Tzu, Heidegger, Kant, Marx, Kierkegaard, Nietzsche, Sartre, and Wittgenstein, will show readers how to be masters of their philosophical domain.

In this brilliant and widely acclaimed book, winner of the 1975 National Book Award, Robert Nozick challenges the most commonly held political and social positions of our age—liberal, socialist, and conservative.

'If you put me to death,' Socrates warned his Athenian judges, 'you will not easily find anyone to take my place.' So indeed it would prove, a single cup of hemlock robbing the western philosophical tradition of the man with best claims to be its founding father. Yet Socrates' influence was not so easily to be done away with. His words lovingly recorded by his devoted disciple Plato, his doctrines reached a posterity which has, through twenty-seven

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centuries now, taken him as its teacher. The marriage of idealism and scepticism in his thought; his sense of education as self-discovery; his view of philosophy as preparation for life: these have been the stuff of western thought at its best. So completely did Socrates embody these values, he was prepared to die in their defence...

Current mainstream opinion in psychology, neuroscience, and philosophy of mind holds that all aspects of human mind and consciousness are generated by physical processes occurring in brains. The present volume demonstrates empirically that this reductive materialism is not only incomplete but false. The authors systematically marshal evidence for a variety of psychological phenomena that are extremely difficult, and in some cases clearly impossible, to account for in conventional physicalist terms.

Can you tell when you're being deceived? This classic work on critical thinking — now fully updated and revised — uses a novel approach to teach the basics of informal logic. On the assumption that "it takes one to know one," the authors have written the book from the point of view of someone who wishes to deceive, mislead, or manipulate others. Having mastered the art of deception, readers will then be able to detect the misuse or abuse of logic when they encounter it in others — whether in a heated political debate or while trying to evaluate the claims

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of a persuasive sales person. Using a host of real-world examples, the authors show you how to win an argument, defend a case, recognize a fallacy, see through deception, persuade a skeptic, and turn defeat into victory. Not only do they discuss the fundamentals of logic (premises, conclusions, syllogisms, common fallacies, etc.), but they also consider important related issues often encountered in face-to-face debates, such as gaining a sympathetic audience, responding to audience reaction, using nonverbal devices, clearly presenting the facts, refutation, and driving home a concluding argument. Whether you're preparing for law school or you just want to become more adept at making your points and analyzing others' arguments, *The Art of Deception* will give you the intellectual tools to become a more effective thinker and speaker. Helpful exercises and discussion questions are also included.

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

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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.

Meditations on First Philosophy, in which the existence of God and the immortality of the soul are demonstrated is a philosophical treatise by René Descartes first published in Latin in 1641. The French translation was published in 1647 as *Méditations*

Advice on achieving a fulfilling old age from one of the bestselling authors of *Plato and a Platypus Walk into a Bar . . .* After being advised by his dentist to get tooth implants, Daniel Klein decides to stick with his dentures and instead use the money to make a trip to the Greek island Hydra and discover the secrets of aging happily. Drawing on the inspiring lives of his Greek friends and philosophers ranging from Epicurus to Sartre, Klein uncovers the simple pleasures that are available late in life, as well as the refined pleasures that only a mature mind can fully

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appreciate. A travel book, a witty and accessible meditation, and an optimistic guide to living well, *Travels with Epicurus* is a delightful jaunt to the Aegean and through the terrain of old age that only a free spirit like Klein could lead.

A non-religious, humanist reference draws on secular literature and philosophy from both Western and Eastern traditions to consider such topics as the origins of the world, how to relate to others, and how to appreciate life.

"I've been a philosopher for all my adult life and the three most profound books of philosophy that I have ever read are Ecclesiastes, Job, and Song of Songs." These are the opening lines of Kreeft's *Three Philosophies of Life*. He reflects that there are ultimately only three philosophies of life and each one is represented by one of these books of the Bible—life is vanity; life is suffering; life is love. In these three books Kreeft shows how we have Dante's great epic *The Divine Comedy* played out, from Hell to Purgatory to Heaven. But it is an epic played out in our hearts and lives, here and now. Just as there is movement in Dante's epic, so there is movement in these books, from Ecclesiastes to Job, from Job to Song of Songs. Love is the final answer to Ecclesiastes' quest, the alternative to vanity, and the true meaning of life. Finally, Kreeft sees in these books the epitome of theological virtues of faith, hope and love and "an essential summary of the spiritual history of the world".

In his best-selling book *You Must Change Your Life*, Peter Sloterdijk argued exercise and practice were crucial to the human condition. In *The Art of Philosophy*, he extends this critique to academic science and scholarship, casting the training processes of academic study as key to the production

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of sophisticated thought. Infused with humor and provocative insight, *The Art of Philosophy* further integrates philosophy and human existence, richly detailing the foundations of this relationship and its transformative role in making the postmodern self. Sloterdijk begins with Plato's description of Socrates, whose internal monologues were so absorbing they often rooted the philosopher in place. The original academy, Sloterdijk argues, taught scholars to lose themselves in thought, and today's universities continue this tradition by offering scope for Plato's "accommodations for absences." By training scholars to practice thinking as an occupation transcending daily time and space, universities create the environment in which thought makes wisdom possible. Traversing the history of asceticism, the concept of suspended animation, and the theory of the neutral observer, Sloterdijk traces the evolution of philosophical practice from ancient times to today, showing how scholars can remain true to the tradition of "the examined life" even when the temporal dimension no longer corresponds to the eternal. Building on the work of Husserl, Heidegger, Nietzsche, Arendt, and other practitioners of the life of theory, Sloterdijk launches a posthumanist defense of philosophical inquiry and its everyday, therapeutic value.

"Between the earliest and the latest of the works included here, we have two hundred and fifty years of vigorous and adventurous philosophizing," Monroe Beardsley writes in his Introduction to this collection. "If the modern period can be only vaguely or arbitrarily bounded, it can at least be studied, and we can ask whether any dominant themes, overall patterns of movement, or notable achievements can be found within it. This question is one that is best asked by the reader after he has read, or read around in, these works." This Modern Library Paperback Classic also includes a newly updated Bibliography.

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Robert Nozick's *Anarchy, State and Utopia* is one of the works which dominates contemporary debate in political philosophy. Drawing on traditional assumptions associated with individualism and libertarianism, Nozick mounts a powerful argument for a minimal 'nightwatchman' state and challenges the views of many contemporary philosophers, most notably John Rawls. Jonathan Wolff's new book is the first full-length study of Nozick's work and of the debates to which it has given rise. He situates Nozick's work in the context of current debates and examines the traditions which have influenced his thought. He then critically reconstructs the key arguments of *Anarchy, State and Utopia*, focusing on Nozick's Doctrine of Rights, his Derivation of the Minimal State, and his Entitlement Theory of Justice. The book concludes by assessing Nozick's place in contemporary political philosophy.

An ideal introduction for the casual reader and a beneficial reference for the student, *The Philosopher's Handbook* features the writings of some of the world's most influential philosophers. Based on the premise that all human beings are curious about their existence, Rosen's collection brings together primary excerpts from the works of prominent thinkers such as Plato, Nietzsche, Descartes, Machiavelli, and Kant. Experts in each field have carefully selected the sources and provided brief introductions to help readers gain insight into the readings. Newly revised in order to emphasize its broad appeal, *The Philosopher's Handbook* is a solid introduction to Western philosophy for all inquiring minds. 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

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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. Exploring themes that preoccupied Albert Camus--absurdity, silence, revolt, fidelity, and moderation--Robert Zaretsky portrays a moralist who refused to be fooled by the nobler names we assign to our actions, and who pushed himself, and those about him, to challenge the status quo. For Camus, rebellion against injustice is the human condition. The author states that by examining his understanding of dying, sex, love, the Holocaust, politics, and other topics, they bring forth ideas, questions, and statements, and that the subjects automatically project into the mind. Widely recognized as the finest definition of existentialist philosophy ever written, this book introduced existentialism to America in 1958. Barrett speaks eloquently and directly to concerns of the 1990s: a

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period when the irrational and the absurd are no better integrated than before and when humankind is in even greater danger of destroying its existence without ever understanding the meaning of its existence. Irrational Man begins by discussing the roots of existentialism in the art and thinking of Augustine, Aquinas, Pascal, Baudelaire, Blake, Dostoevski, Tolstoy, Hemingway, Picasso, Joyce, and Beckett. The heart of the book explains the views of the foremost existentialists—Kierkegaard, Nietzsche, Heidegger, and Sartre. The result is a marvelously lucid definition of existentialism and a brilliant interpretation of its impact. What does it mean to be awake? What exactly is therapeutic about retail therapy? And what are you really working on when you're at your desk, in the gym, or having dinner? From getting ready in the morning, through heading to work, going to a party, having sex and falling back to sleep, Breakfast with Socrates provides an hour-by-hour commentary on what history's greatest philosophers have said about the meaning behind everything we do. A fascinating exploration of our daily lives, Breakfast with Socrates also draws on literature, art, politics and psychology to offer an informal introduction to the history of ideas that will help anyone to think more healthily. Breakfast will never be the same again...

Life is long if you know how to use it. From the author of Letters From A Stoic (Epistulae Moralis), comes another brilliant, timeless guide to living well. Written as a moral essay to his friend Paulinus, Seneca's biting words still pack a powerful punch two thousand years later. With its

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brash rejection of materialism, conventional lifestyles and group-think, *On The Shortness of Life* is as relevant as ever. Seneca anticipates the modern world. It's a unique expose of how people get caught up in the rat race and how for those stuck in this mindset, enough is never enough. The 'busy' individuals of Rome Seneca makes reference to, those people who are too preoccupied with their careers and maintaining social relationships to fully examine the quality of their lives, sound a lot like ourselves. Includes biographical sketch 'Seneca The Stoic.'

In this classic collection of wide-ranging and interdisciplinary essays, Stanley Cavell explores a remarkably broad range of philosophical issues from politics and ethics to the arts and philosophy. The essays explore issues as diverse as the opposing approaches of 'analytic' and 'Continental' philosophy, modernism, Wittgenstein, abstract expressionism and Schoenberg, Shakespeare on human needs, the difficulties of authorship, Kierkegaard and post-Enlightenment religion. Presented in a fresh twenty-first century series livery, and including a specially commissioned preface, written by Stephen Mulhall, illuminating its continuing importance and relevance to philosophical enquiry, this influential work is now available for a new generation of readers.

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

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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.

A brilliant and concise account of the lives and ideas of the great philosophers—Plato, Aristotle, Bacon, Spinoza, Voltaire, Kant, Schopenhauer, Spencer, Nietzsche, Bergson, Croce, Russell, Santayana, James, and Dewey—The Story of Philosophy is one of the great books of our time. Few write for the non-specialist as well as Will Durant, and this book is a splendid example of his eminently readable scholarship. Durant's insight and wit never cease to dazzle; The Story of Philosophy is a key book for any reader who wishes to survey the history and development of philosophical ideas in the Western world.

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