The Examined Life: How to Live a Good Life

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Chapter 1: The Socratic Method

The Socratic method is a way of thinking that involves asking questions to help people understand their own ideas and values. It is named after the ancient Greek philosopher Socrates, who is known for his use of this method to explore the nature of reality and the meaning of life.

The Socratic method is often characterized by a dialogue, in which the interlocutors (the people engaging in the discussion) question each other to reveal their underlying assumptions and beliefs. The goal is not to reach a conclusion or to come to a decision, but to explore the nature of reality and the meaning of life.

In the context of the Examined Life, the Socratic method is used to explore the nature of reality and the meaning of life. It is a way of thinking that involves asking questions to help people understand their own ideas and values. It is a way of thinking that involves asking questions to help people understand their own ideas and values.

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Chapter 2: The Cartesian Method

The Cartesian method is a way of thinking that involves using reason and evidence to arrive at conclusions about the nature of reality and the meaning of life. It is named after the ancient French philosopher René Descartes, who is known for his use of this method to explore the nature of reality and the meaning of life.

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Chapter 3: The Utilitarian Method

The Utilitarian method is a way of thinking that involves using reason and evidence to arrive at conclusions about the nature of reality and the meaning of life. It is named after the ancient English philosopher Jeremy Bentham, who is known for his use of this method to explore the nature of reality and the meaning of life.

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Chapter 4: The Relational Method

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Chapter 5: The Existential Method

The Existential method is a way of thinking that involves using reason and evidence to arrive at conclusions about the nature of reality and the meaning of life. It is named after the ancient Greek philosopher Soren Kierkegaard, who is known for his use of this method to explore the nature of reality and the meaning of life.

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Chapter 6: The Relational Method

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Chapter 7: The Existential Method

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defense. Acute, often irrefutable, but always authoritative, this is a unique introduction to the ideas that have shaped us as humans. "Entertaining and witty. A sweet, sincere confection that should tickle the taste buds of the most philosophic readers." — Julian Baggini, The Times Educational Supplement (U.K.) “A concise and entertaining attempt to place the skills of philosophy at our fingertips.” — Oliver Burkhard, The Independent on Sunday (U.K.) 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 examined 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 philosophers (Daoism, Confucianism, and Buddhism) and classical Western philosophers (such as Aristotle and Stoicism), to the four major religions, as well as contemporary philosophers (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. The Meditations of Marcus Aurelius are treasured today—as they have been over the centuries—as an inexhaustible source of wisdom. And as one of the three most important expressions of Stoicism, this is an essential text for everyone interested in ancient philosophy and philosophy. Yet the clarity and ease of the work’s style are deceptive. Pierre Hadot, eminent philosopher of ancient thought, uncovers new levels of meaning and expands our understanding of its underlying philosophy. Written by the Roman emperor for his own private guidance and self-admonition, the Meditations set forth principles for living a good and just life. Hadot probes Marcus Aurelius’s guidelines and convictions and discerns the habits and unexpected conceptual system that grounds them. Abundantly quoting the Meditations to illustrate his analysis, the author allows Marcus Aurelius to speak directly to the reader. And Hadot unfolds for us the philosophical context of the Meditations, commenting on the philosophers Marcus Aurelius read and giving special attention to the teachings of Epictetus, whose discipline he was. The soul’s guiding principle within us, in is Marcus Aurelius’s Stoic philosophy an inviolable stronghold of freedom, the “inner citizen”. This spirited and engaging study of his thought offers a fresh perspective on the fascinating philosopher-emperor, a fuller understanding of the tradition and doctrines of Stoicism, and rich insight on the culture of the Roman empire in the second century. Pierre Hadot has been working on Marcus Aurelius for more than twenty years; in this book he distills his analysis and conclusions with extraordinary lucidity for the general reader. 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 neuroscience. The Road Traveled and Other Essays presents the recent work of philosopher and educator Steven M. Cahn. This book offers his latest reflections on the nature of well-being, the rationality of religious belief, and the aims of higher education. Also included are a selection of his challenging philosophical puzzles. The work concludes with a detailed account of his career as a faculty member, foundation executive, and university administrator. A New York Times Best Book for 2011 All we 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 presupposed 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 era 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. 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. It 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. Documents the epic conquest of the Inca Empire as well as the decades-long insurgency waged by the Incas against the Conquistadors, in a narrative history that is partially drawn from the storytelling traditions of the Peruvian Amazon Yora people. Reprint. 20,000 first printing. 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. “Arguments against radical enhancement have too often in the past been characterized by irrationalism and mysticism. Nicholas Agar presents the first cogent case for the rationality of opposing radical enhancement. Moving easily between science and philosophy, he argues for a species-relative conception of valuable experiences, according to which we have a strong reason to remain human. This central claim is bolstered by a host of other arguments, which will ensure that Humanity’s End will become a central reference point for debates over the desirability of radical enhancement.” Neil Levy, Oxford Centre for Neuroethics “Nicholas Agar has written an excellent introduction to the moral challenges of our transition to a posthuman future, engagingly told by contrasting the work of four very different transhumanists. Humanity’s End joins Agar’s Liberal Eugenics on the must-read list for those interested in the future of the human race.” James Hughes, Executive Director, Institute for Ethics and Emerging Technologies “Proposals to make us smarter than the greatest geniuses or to add thousands years to our life spans seem fit only for the spam folder or trash can And yet this is what contemporary advocates of radical enhancement offer in all seriousness. They present a variety of technologies and therapies that will expand our capacities far beyond what is currently possible for human beings. In Humanity’s End, Nicholas Agar argues against enhancement, describing its destructive consequences.” The author states that by examining his understanding of dying, sex, love, the Holocaust, politics, and other topics, and by forth-coming ideas, and statements, that the subjects automatically project into the mind. The family is hotly contested ideological terrain. Some defend the traditional two-parent heterosexual family while others welcome its demise. Opinions vary about how much control parents should have over their children’s upbringing. Family Values provides a major new theoretical account of the morality and politics of the family, telling us why the family is valuable, who has the right to parent, and what rights parents should—and should not—have over their children. Harry Brighouse and Adam Swift argue that parent–child relationships the “familial relationship goods” that people need to flourish. Children’s healthy development depends on intimate relationships with authoritative adults, while the distinctive joys and challenges of parenting are part of a fulfilling life for adults. Yet the relationships that make these goods possible have little to do with biology, and do not require the extensive rights that parents currently enjoy. Challenging some of our most commonly held beliefs about the family, Brighouse and Swift explain why a child’s interest in autonomy severely limits parents’ right to shape their children’s values, and why parents have no fundamental right to confer wealth or advantage on their children. Family Values reaffirms the vital importance of the family as a social institution while challenging its role in the reproduction of social inequality and carefully balancing the interests of parents and children.