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*On the Shortness of Life* -  
Seneca 2020-07-22

On the Shortness of Life is a classic philosophical series of essays by the Stoic philosopher Seneca.

Hardship and Happiness -

Lucius Annaeus Seneca  
2014-03-05

Lucius Annaeus Seneca (4 BCE–65 CE) was a Roman Stoic philosopher, dramatist, statesman, and advisor to the

emperor Nero, all during the Silver Age of Latin literature. The Complete Works of Lucius Annaeus Seneca is a fresh and compelling series of new English-language translations of his works in eight accessible volumes. Edited by Elizabeth Asmis, Shadi Bartsch, and Martha C. Nussbaum, this engaging collection helps restore Seneca—whose works have been highly praised by

modern authors from Desiderius Erasmus to Ralph Waldo Emerson—to his rightful place among the classical writers most widely studied in the humanities. *Hardship and Happiness* collects a range of essays intended to instruct, from consolations—works that offer comfort to someone who has suffered a personal loss—to pieces on how to achieve happiness or tranquility in the face of a difficult world. Expertly translated, the essays will be read and used by undergraduate philosophy students and experienced scholars alike.

**Big Ideas for Little Philosophers: Kindness with Confucius** - Duane Armitage  
2021-07-20

Explore the importance of kindness with the youngest readers in a wonderfully accessible way. Even little children have big questions about life. Confucius believed always treating people with kindness can make us wise, and *Kindness with Confucius* brings his philosophy to the youngest thinkers. He believed

we should use our own feelings as a guide to how to treat others. We feel good when people are kind to us and should want to make others feel that way. Emphasizing the importance of being in touch with your own emotions in order to be kind to others, this book will lead to inspiring conversations about human dynamics between people of all ages. Look for all six Big Ideas for Little Philosophers board books: *Equality* with Simone de Beauvoir, *Happiness* with Aristotle, *Imagination* with René Descartes, *Kindness* with Confucius, *Love* with Plato, and *Truth* with Socrates.

**American Happiness and Discontents** - George F. Will  
2021-09-14

Examine the ways in which expertise, reason, and manners are continually under attack in our institutions, courts, political arenas, and social venues with this collection from the Pulitzer Prize-winning conservative columnist. George F. Will has been one of this country's leading columnists since 1974. He won the

Pulitzer Prize for it in 1977. The Wall Street Journal once called him “perhaps the most powerful journalist in America.” In this new collection, he examines a remarkably unsettling thirteen years in our nation’s experience, from 2008 to 2020. Included are a number of columns about court cases, mostly from the Supreme Court, that illuminate why the composition of the federal judiciary has become such a contentious subject. Other topics addressed include the American Revolutionary War, historical figures from Frederick Douglass to JFK, as well as a scathing assessment of how State of the Union Addresses are delivered in the modern day. Mr. Will also offers his perspective on American socialists, anti-capitalist conservatives, drug policy, the criminal justice system, climatology, the Coronavirus, the First Amendment, parenting, meritocracy and education, China, fascism, authoritarianism, Frank

Sinatra, Bob Dylan, The Beach Boys, and the morality of enjoying football. *American Happiness and Discontents: The Unruly Torrent, 2008-2020* is a collection packed with wisdom and leavened by humor from one the preeminent columnists and intellectuals of our time.

**Big Ideas for Little Philosophers: Happiness with Aristotle** - Duane

Armitage 2020-07-07

Explore the importance of happiness with the youngest readers in a wonderfully accessible way. Even little children have big questions about life. Finding happiness is a lifelong goal and Aristotle thought deeply about it. Why are we here? What is the best way to live a happy life? Having friends who are fun and adventurous is important, but it's also important to have true friends who will help us be good people and tell us when we're straying from that. He also believed we have to love ourselves in order to love others and be happy. This book will prompt readers to

concentrate on what makes them happy and how they can be a good friend to others and themselves. Look for all six Big Ideas for Little Philosophers board books: Equality with Simone de Beauvoir, Truth with Socrates, Happiness with Aristotle, Imagination with René Descartes, Kindness with Confucius, Love with Plato, and Truth with Socrates.

*The Lessons of History* - Will Durant 2012-08-21

A concise survey of the culture and civilization of mankind, *The Lessons of History* is the result of a lifetime of research from Pulitzer Prize-winning historians Will and Ariel Durant. With their accessible compendium of philosophy and social progress, the Durants take us on a journey through history, exploring the possibilities and limitations of humanity over time.

Juxtaposing the great lives, ideas, and accomplishments with cycles of war and conquest, the Durants reveal the towering themes of history and give meaning to our own.

*10 Books that Screwed Up the*

*World* - Benjamin Wiker  
2008-05-06

You've heard of the "Great Books"? These are their evil opposites. From Machiavelli's *The Prince* to Karl Marx's *The Communist Manifesto* to Alfred Kinsey's *Sexual Behavior in the Human Male*, these "influential" books have led to war, genocide, totalitarian oppression, family breakdown, and disastrous social experiments. And yet these authors' bad ideas are still popular and pervasive--in fact, they might influence your own thinking without your realizing it. Here with the antidote is Professor Benjamin Wiker. In his scintillating new book, *10 Books That Screwed Up the World (And 5 Others That Didn't Help)*, he seizes each of these evil books by its malignant heart and exposes it to the light of day.

*The Majesty of Calmness* - William George Jordan 1900

*The Manual* - Sam Torode  
2017-05-11

"If it is beyond your power to control, let it go." "Do not wish

that all things will go well with you, but that you will go well with all things." "In this way, you will overcome life's challenges, rather than be overcome by them." Epictetus (c. AD 50-135) was a former Roman slave who became a great teacher, deeply influencing the future emperor Marcus Aurelius among many others. His philosophy, Stoicism, was practical, not theoretical--aimed at relieving human suffering here and now. Epictetus knew suffering--besides being enslaved, he was lame in one leg and walked with a crutch. The Manual is a collection of Epictetus' essential teachings and pithy sayings, compiled by one of his students. It is the most accessible and actionable guide to Stoic philosophy, as relevant today as it was in the Roman Empire. This new edition, published by Ancient Renewal, is rendered in contemporary English by Sam Torode.

**The Gap and The Gain** - Dan Sullivan 2021-10-19

As he did in WHO NOT HOW, Dr. Benjamin Hardy shares one

of Dan Sullivan's simple yet profound teachings that until now has been known only to his Strategic Coach clients: unsuccessful people focus on "The Gap," but successful people focus on "The Gain." "[T]his one simple concept is a masterclass on positive psychology, healthy relationships, mental well-being, and high-performance. Everything that psychologists know about how to create a high-functioning and successful person can be achieved using The GAP and the GAIN." - Dr. Benjamin Hardy Most people, especially highly ambitious people, are unhappy because of how they measure their progress. We all have an "ideal," a moving target that is always out of reach. When we measure ourselves against that ideal, we're in "the GAP." However, when we measure ourselves against our previous selves, we're in "the GAIN." That is where the GAP and the GAIN concept comes in. It was developed by legendary entrepreneur coach Dan Sullivan and is based on his

work with tens of thousands of successful entrepreneurs. When Dan's coaching clients periodically take stock of all that they've accomplished—both personally and professionally—they are often shocked at how much they have actually achieved. They weren't able to appreciate their progress because no matter how much they were getting done, they were usually measuring themselves against their ideals or goals. In this book you will learn that measuring your current self vs. your former self has enormous psychological benefits. And that's really the key to this deceptively simple yet multi-layered concept that will have you feeling good, feeling grateful, and feeling like you are making progress even when times are tough, which will in turn bolster motivation, confidence, and future success. If you're finding that happiness eludes you no matter how much you've achieved, then learning this easy mindset shift will set you on a life-changing path to greater fulfillment and success.

## **A Little History of Philosophy** - Nigel Warburton 2011-10-25

Presents an introduction to the ideas of major Western philosophers, including Aristotle, Augustine, John Locke, and Karl Marx.

The History of Philosophy - A. C. Grayling 2021-02-02

“A witty, learned, authoritative survey of philosophical thought.” —The New York Times Book Review The first authoritative and accessible single-volume history of Western and Eastern traditions, from one of the world’s most eminent thinkers The story of philosophy is an epic tale, spanning civilizations and continents. It explores some of the most creative minds in history. But not since the long-popular classic by Bertrand Russell, *A History of Western Philosophy*, published in 1945, has there been a comprehensive and entertaining single-volume history of this great, intellectual, world-shaping journey. With characteristic

clarity and elegance, A. C. Grayling takes the reader from the age of the Buddha, Confucius, and Socrates through Christianity's capture of the European mind, from the Renaissance and Enlightenment on to Mill, Nietzsche, Sartre and, finally, philosophy today. Surveying in tandem the great philosophical traditions of India, China, and the Persian-Arabic world, and astonishing in its range and accessibility, Grayling's *The History of Philosophy* is destined to be a landmark work.

*Ikigai* - Héctor García

2017-08-29

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"Workers looking for more fulfilling positions should start by identifying their *ikigai*."

—Business Insider "One of the unintended—yet

positive—consequences of the [pandemic] is that it is forcing people to reevaluate their jobs, careers, and lives. Use this time wisely, find your personal *ikigai*, and live your best life."

—Forbes Find your *ikigai* (pronounced ee-key-guy) to live longer and bring more meaning and joy to all your days. "Only staying active will make you want to live a hundred years."

—Japanese proverb According to the Japanese, everyone has an *ikigai*—a reason for living. And according to the residents of the Japanese village with the world's longest-living people, finding it is the key to a happier and longer life. Having a strong sense of *ikigai*—where what you love, what you're good at, what you can get paid for, and what the world needs all overlap—means that each day is infused with meaning.

It's the reason we get up in the morning. It's also the reason many Japanese never really retire (in fact there's no word in Japanese that means retire in the sense it does in English): They remain active and work at what they enjoy, because they've found a real purpose in life—the happiness of always being busy. In researching this book, the authors interviewed the residents of the Japanese village with the highest

percentage of 100-year-olds—one of the world's Blue Zones. Ikigai reveals the secrets to their longevity and happiness: how they eat, how they move, how they work, how they foster collaboration and community, and—their best-kept secret—how they find the ikigai that brings satisfaction to their lives. And it provides practical tools to help you discover your own ikigai.

Because who doesn't want to find happiness in every day?

**Sophie's World** - Jostein Gaarder 2007-03-20

One day Sophie comes home from school to find two questions in her mail: "Who are you?" and "Where does the world come from?" Before she knows it she is enrolled in a correspondence course with a mysterious philosopher. Thus begins Jostein Gaarder's unique novel, which is not only a mystery, but also a complete and entertaining history of philosophy.

*From Strength to Strength* - Arthur C. Brooks 2022-02-15

The roadmap for finding purpose, meaning, and success

as we age, from bestselling author, Harvard professor, and the Atlantic's happiness columnist Arthur Brooks. Many of us assume that the more successful we are, the less susceptible we become to the sense of professional and social irrelevance that often accompanies aging. But the truth is, the greater our achievements and our attachment to them, the more we notice our decline, and the more painful it is when it occurs. What can we do, starting now, to make our older years a time of happiness, purpose, and yes, success? At the height of his career at the age of 50, Arthur Brooks embarked on a seven-year journey to discover how to transform his future from one of disappointment over waning abilities into an opportunity for progress. From *Strength to Strength* is the result, a practical roadmap for the rest of your life. Drawing on social science, philosophy, biography, theology, and eastern wisdom, as well as dozens of interviews with everyday men and women,

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Brooks shows us that true life success is well within our reach. By refocusing on certain priorities and habits that anyone can learn, such as deep wisdom, detachment from empty rewards, connection and service to others, and spiritual progress, we can set ourselves up for increased happiness. Read this book and you, too, can go from strength to strength.

**The Almanack Of Naval Ravikant** - Eric Jorgenson  
2021-09-30

GETTING RICH IS NOT JUST ABOUT LUCK; HAPPINESS IS NOT JUST A TRAIT WE ARE BORN WITH. These aspirations may seem out of reach, but building wealth and being happy are skills we can learn. So what are these skills, and how do we learn them? What are the principles that should guide our efforts? What does progress really look like? Naval Ravikant is an entrepreneur, philosopher, and investor who has captivated the world with his principles for building wealth and creating long-term happiness. The Almanack of

Naval Ravikant is a collection of Naval's wisdom and experience from the last ten years, shared as a curation of his most insightful interviews and poignant reflections. This isn't a how-to book, or a step-by-step gimmick. Instead, through Naval's own words, you will learn how to walk your own unique path toward a happier, wealthier life.

*Happy Not Perfect* - Poppy Jamie  
2021-06-08

A clear path to overcoming uncertainty, perfectionism, and fears of rejection so you can finally find peace with the past and create a happier, healthier future “Poppy’s powerful approach will help you take control of your thoughts so they don’t control you.”—Lori Gottlieb, New York Times bestselling author of *Maybe You Should Talk to Someone* Even before the pandemic brought on a crushing wave of stress, anxiety, isolation, life change, and financial struggle, there was already a growing mental health crisis. Due to a culture that encourages perfection, hustle, and fictional

life/work balance, many are burning out. Behind her Instagram-projected image of “happy wellness founder,” Poppy Jamie was also struggling mightily with perfectionism and life purpose. She began working with mental health experts and researchers to find practical tools to overcome her inner critic and rewire her mind. She discovered that it is possible to create new neural pathways in your brain to break patterns of avoidance, challenge fears of not being good enough, and turn failure around by stretching the mind with new, healthier thought habits. The old wiring (and habits) that you’ve been stuck with can be written-over. You can actually upgrade your headspace to make curiosity, vulnerability, compassion, and emotional flexibility your default settings. In the emphatic and trusted voice of Bridget Jones meets neuroscience, Poppy shares her Flexy Thoughts approach for changing how you react to emotional triggers and think of yourself while improving your

mental and physical health, relationships, and vision of the future. Our emotional resilience may continue to be tested, but the new perspectives and strategies in Happy Not Perfect will help us bring confidence, adaptability, and acceptance to whatever comes next.

Versus of Happiness - Debasish Mridha 2016-12-07

**The Philosophy Book** - DK  
2015-03-02

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

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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.

**American Happiness and Discontents** - George F. Will  
2021-09-14

Examine the ways in which expertise, reason, and manners are continually under attack in our institutions, courts, political arenas, and social venues with this collection from the Pulitzer Prize-winning conservative columnist. George F. Will has been one of this country's leading columnists since 1974. He won the

Pulitzer Prize for it in 1977. The Wall Street Journal once called him "perhaps the most powerful journalist in America." In this new collection, he examines a remarkably unsettling thirteen years in our nation's experience, from 2008 to 2020. Included are a number of columns about court cases, mostly from the Supreme Court, that illuminate why the composition of the federal judiciary has become such a contentious subject. Other topics addressed include the American Revolutionary War, historical figures from Frederick Douglass to JFK, as well as a scathing assessment of how State of the Union Addresses are delivered in the modern day. Mr. Will also offers his perspective on American socialists, anti-capitalist conservatives, drug policy, the criminal justice system, climatology, the Coronavirus, the First Amendment, parenting, meritocracy and education, China, fascism, authoritarianism, Frank

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Sinatra, Bob Dylan, The Beach Boys, and the morality of enjoying football. American Happiness and Discontents: The Unruly Torrent, 2008-2020 is a collection packed with wisdom and leavened by humor from one the preeminent columnists and intellectuals of our time.

*The Manual For Living* -

Epictetus 2021-01-08

THE MANUAL FOR LIVING is the first and best primer for living the best possible life -- as helpful in the twenty-first century as it was in the first. Epictetus's teachings rank among the greatest wisdom texts of human civilization.

Epictetus taught that philosophy is a way of life and not just a theoretical discipline. To Epictetus, all external events are beyond our control; we should accept calmly and dispassionately whatever happens. However, individuals are responsible for their own actions, which they can examine and control through rigorous self-discipline. By putting into practice the ninety-three wise instructions

that make up The Art of Living, readers learn to successfully meet the challenges of everyday life.

Nicomachean Ethics - Aristotle 2021-11-13

Nicomachean Ethics Aristotle - The Nicomachean Ethics is one of Aristotle's most widely read and influential works. Ideas central to ethics—that happiness is the end of human endeavor, that moral virtue is formed through action and habituation, and that good action requires prudence—found their most powerful proponent in the person medieval scholars simply called "the Philosopher." Drawing on their intimate knowledge of Aristotle's thought, Robert C. Bartlett and Susan D. Collins have produced here an English-language translation of the Ethics that is as remarkably faithful to the original as it is graceful in its rendering. Aristotle is well known for the precision with which he chooses his words, and in this elegant translation his work has found its ideal match.

Bartlett and Collins provide copious notes and a glossary providing context and further explanation for students, as well as an introduction and a substantial interpretive essay that sketch central arguments of the work and the seminal place of Aristotle's Ethics in his political philosophy as a whole. The Nicomachean Ethics has engaged the serious interest of readers across centuries and civilizations—of peoples ancient, medieval, and modern; pagan, Christian, Muslim, and Jewish—and this new edition will take its place as the standard English-language translation.

**The Consolations of Philosophy** - Alain De Botton  
2013-01-23

From the author of *How Proust Can Change Your Life*, a delightful, truly consoling work that proves that philosophy can be a supreme source of help for our most painful everyday problems. Perhaps only Alain de Botton could uncover practical wisdom in the writings of some of the greatest thinkers of all time.

But uncover he does, and the result is an unexpected book of both solace and humor.

Dividing his work into six sections -- each highlighting a different psychic ailment and the appropriate philosopher -- de Botton offers consolation for unpopularity from Socrates, for not having enough money from Epicurus, for frustration from Seneca, for inadequacy from Montaigne, and for a broken heart from Schopenhauer (the darkest of thinkers and yet, paradoxically, the most cheering). Consolation for envy -- and, of course, the final word on consolation -- comes from Nietzsche: "Not everything which makes us feel better is good for us." This wonderfully engaging book will, however, make us feel better in a good way, with equal measures of wit and wisdom.

**The Path** - Michael Puett  
2016-04-05

For the first time an award-winning Harvard professor shares the lessons from his wildly popular course on classical Chinese philosophy, showing you how these ancient

ideas can guide you on the path to a good life today. The lessons taught by ancient Chinese philosophers surprisingly still apply, and they challenge our fundamental assumptions about how to lead a fulfilled, happy, and successful life. Self-discovery, it turns out, comes through looking outward, not inward. Power comes from holding back. Good relationships come from small gestures. Spontaneity comes from practice. And excellence comes from what you choose to do, not your “natural” abilities. Counterintuitive. Countercultural. Even revolutionary. These powerful ideas have made Professor Michael Puett's course the third most popular at Harvard University in recent years, with enrollment surging every year since it was first offered in 2006. It's clear students are drawn by a bold promise Professor Puett makes on the first day of class: “These ideas will change your life.” Now he offers his course to the world.

French Literature Classics -

Ultimate Collection: 90+ Novels, Stories, Poems, Plays & Philosophy - Marcel Proust  
2020-12-17

Musaicum Books presents to you a unique collection of the greatest classics of French literature, formatted to the highest digital standards and adjusted for readability on all devices. Table of Contents: A History of French Literature François Rabelais: Gargantua and Pantagruel Molière: Tartuffe or the Hypocrite The Misanthrope The Miser The Imaginary Invalid... Jean Racine: Phaedra Pierre Corneille: The Cid Voltaire: Candide Zadig The Huron A Philosophical Dictionary Letters on England Jean-Jacques Rousseau: Confessions Stendhal

**A Monk's Guide to a Clean House and Mind** - Shoukei Matsumoto 2018-12-24

Little known fact: Buddhist Monks are amazing at cleaning and tidying. In this one-of-a-kind guide to cleaning your home, Buddhist monk Shoukei Matsumoto reveals how to make your home as spotless as

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it is tranquil and peaceful. For Buddhist monks cleaning well is a cardinal skill and, in *A Monk's Guide to a Clean House and Mind*, readers will discover their never-before-shared cleaning pro tips. In the Zen Buddhist tradition, true enlightenment is impossible if your home has even a speck of dust and, as such, Buddhist monks have much to teach us lay people about achieving a truly Zen clean. *A Monk's Guide to a Clean House and Mind* features charming illustrations and step-by-step instructions on such essential household cleansing tips as:

- **First, Air It Out:** Before cleaning anything Monk's first open the temple windows to purify the air and let the crisp morning breeze in.
- **Don't Procrastinate:** 'Zengosaidan' is a Zen expression meaning that one should put all their efforts into each day so they have no regrets. In the context of cleaning, this means don't put off cleaning those dishes you've left in the sink.
- **Remember to Put On Your Samue:** Samue robes are worn by Japanese

monks when they perform their daily duties of cleaning and looking after the temple. Easy to move in and to wash and care for, they are the perfect cleaning attire. From cleaning up everything from your kitchen sink, toilet, and that pile of unidentified stuff in the corner of your garage to your mind, body, and spirit, this book will guide you in creating a home environment that will calm your thoughts and nourish your soul.

[Solve for Happy](#) - Mo Gawdat  
2017-03-21

In this “powerful personal story woven with a rich analysis of what we all seek” (Sergey Brin, cofounder of Google), Mo Gawdat, Chief Business Officer at Google’s [X], applies his superior logic and problem solving skills to understand how the brain processes joy and sadness—and then he solves for happy. In 2001 Mo Gawdat realized that despite his incredible success, he was desperately unhappy. A lifelong learner, he attacked the problem as an engineer would: examining all the provable

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facts and scrupulously applying logic. Eventually, his countless hours of research and science proved successful, and he discovered the equation for permanent happiness. Thirteen years later, Mo's algorithm would be put to the ultimate test. After the sudden death of his son, Ali, Mo and his family turned to his equation—and it saved them from despair. In dealing with the horrible loss, Mo found his mission: he would pull off the type of “moonshot” goal that he and his colleagues were always aiming for—he would share his equation with the world and help as many people as possible become happier. In *Solve for Happy* Mo questions some of the most fundamental aspects of our existence, shares the underlying reasons for suffering, and plots out a step-by-step process for achieving lifelong happiness and enduring contentment. He shows us how to view life through a clear lens, teaching us how to dispel the illusions that cloud our thinking; overcome the brain's blind

spots; and embrace five ultimate truths. No matter what obstacles we face, what burdens we bear, what trials we've experienced, we can all be content with our present situation and optimistic about the future.

**The Philosopher's Book of Questions & Answers** - D.E. Wittkower 2013-04-18

Your life through the lens of the world's greatest thinkers! Do you ever wonder how important money really is in life or what you need to do to achieve happiness? With *The Philosopher's Book of Questions and Answers*, you will be one step closer to solving these uncertainties. Inside, you'll find the basics of philosophy, written in plain English, and thoughts for applying these important theories to your own life. You'll also be encouraged to dig deep into the philosophical reasoning behind your everyday actions with a series of fascinating prompts, such as: If you had ten times your wealth and ten times your income, what would you do

then that you can't do now? What's a version of that activity that you could do right now? Is it ten times less meaningful, important, or enjoyable than the activity you would do with more money? From Socrates and Epicurean to Kierkegaard and Nietzsche, The Philosopher's Book of Questions and Answers will not only help you grasp history's greatest thoughts, but will also unveil the world in a whole new light.

*A Guide to the Good Life* - William B. Irvine 2008-11-04 One of the great fears many of us face is that despite all our effort and striving, we will discover at the end that we have wasted our life. In *A Guide to the Good Life*, William B. Irvine plumbs the wisdom of Stoic philosophy, one of the most popular and successful schools of thought in ancient Rome, and shows how its insight and advice are still remarkably applicable to modern lives. In *A Guide to the Good Life*, Irvine offers a refreshing presentation of Stoicism, showing how this

ancient philosophy can still direct us toward a better life. Using the psychological insights and the practical techniques of the Stoics, Irvine offers a roadmap for anyone seeking to avoid the feelings of chronic dissatisfaction that plague so many of us. Irvine looks at various Stoic techniques for attaining tranquility and shows how to put these techniques to work in our own life. As he does so, he describes his own experiences practicing Stoicism and offers valuable first-hand advice for anyone wishing to live better by following in the footsteps of these ancient philosophers. Readers learn how to minimize worry, how to let go of the past and focus our efforts on the things we can control, and how to deal with insults, grief, old age, and the distracting temptations of fame and fortune. We learn from Marcus Aurelius the importance of prizing only things of true value, and from Epictetus we learn how to be more content with what we have. Finally, *A Guide to the Good Life* shows

readers how to become thoughtful observers of their own lives. If we watch ourselves as we go about our daily business and later reflect on what we saw, we can better identify the sources of distress and eventually avoid that pain in our life. By doing this, the Stoics thought, we can hope to attain a truly joyful life.

**The Practice of Love** - Laird Torrent 2022-02-02

Using Eastern philosophy and Western clinical techniques, this book delivers five practices that are simple enough to be used by struggling couples outside the therapy office, yet sophisticated enough to repair the complicated issues couples face over the course of their relationship.

[The Psychology of Money](#) - Morgan Housel 2020-09-08

Doing well with money isn't necessarily about what you know. It's about how you behave. And behavior is hard to teach, even to really smart people. Money—investing, personal finance, and business decisions—is typically taught as a math-based field, where

data and formulas tell us exactly what to do. But in the real world people don't make financial decisions on a spreadsheet. They make them at the dinner table, or in a meeting room, where personal history, your own unique view of the world, ego, pride, marketing, and odd incentives are scrambled together. In *The Psychology of Money*, award-winning author Morgan Housel shares 19 short stories exploring the strange ways people think about money and teaches you how to make better sense of one of life's most important topics.

**The Power of Now** - Eckhart Tolle 2010-10-06

To make the journey into the Now we will need to leave our analytical mind and its false created self, the ego, behind. From the very first page of Eckhart Tolle's extraordinary book, we move rapidly into a significantly higher altitude where we breathe a lighter air. We become connected to the indestructible essence of our Being, "The eternal, ever present One Life beyond the

myriad forms of life that are subject to birth and death.” Although the journey is challenging, Eckhart Tolle uses simple language and an easy question and answer format to guide us. A word of mouth phenomenon since its first publication, *The Power of Now* is one of those rare books with the power to create an experience in readers, one that can radically change their lives for the better.

**Inner Alchemy** - Pedram Shojai 2019-01-01  
Bestselling author Pedram Shojai, “The Urban Monk,” presents a comprehensive guide on how Taoist alchemical practices can help you release stress, harness life force energy, and awaken your true self. “We have fallen asleep to the knowledge of our true nature, and now it is time to wake up.” —Pedram Shojai  
There is a way to break free from trance of modern life and awaken to your true, limitless nature. The path lies in an ancient system of Taoist alchemy, and with Inner Alchemy, qi gong master,

physician, and former monk Pedram Shojai presents an in-depth guide for harnessing the transformational power of this wisdom in your own life: Part 1 lays out Taoist principles and philosophy for understanding the body’s energy matrix and the nature of our current challenges—all in down-to-earth language Part 2 covers specific exercises and techniques for mastering your energy and awakening your true power—including diet, meditation, exercise, sleep, lifestyle tips, and traditional qi gong sets Part 3 provides an advanced exploration of traditional Taoism for modern times, along with a 100-day practice formula to help you regulate your energy, wake up from the hypnotic daze of daily life, and make the world we live in a better place “The process of turning the material ‘lead’ of our human experience into the ‘gold’ of awakening is the essence of this ancient science of spirituality,” writes Shojai. “My promise is that if you practice what you learn in this book, your life will change

in ways that you have never imagined.”

Happy City: Transforming Our Lives Through Urban Design -

Charles Montgomery

2013-11-12

"A journalist travels the world and investigates current socioeconomic theories of happiness to discover why most modern cities are designed to make us miserable, what we can do to change this, and why we have more to learn from poor cities than from prosperous ones"--

The Stoic Challenge: A Philosopher's Guide to Becoming Tougher, Calmer, and More Resilient - William B. Irvine 2019-09-03

A practical, refreshingly optimistic guide that uses centuries-old wisdom to help us better cope with the stresses of modern living. Some people bounce back in response to setbacks; others break. We often think that these responses are hardwired, but fortunately this is not the case. Stoicism offers us an alternative approach. Plumbing the wisdom of one of the most

popular and successful schools of thought from ancient Rome, philosopher William B. Irvine teaches us to turn any challenge on its head. The Stoic Challenge, then, is the ultimate guide to improving your quality of life through tactics developed by ancient Stoics, from Marcus Aurelius and Seneca to Epictetus. This book uniquely combines ancient Stoic insights with techniques discovered by contemporary psychological research, such as anchoring and framing. The result is a surprisingly simple strategy for dealing with life's unpleasant and unexpected challenges—from minor setbacks like being caught in a traffic jam or having a flight cancelled to major setbacks like those experienced by physicist Stephen Hawking, who slowly lost the ability to move, and writer Jean-Dominique Bauby, who suffered from locked-in syndrome. The Stoics discovered that thinking of challenges as tests of character can dramatically alter our

emotional response to them. Irvine's updated "Stoic test strategy" teaches us how to transform life's stumbling blocks into opportunities for becoming calmer, tougher, and more resilient. Not only can we overcome everyday obstacles—we can benefit from them, too.

*What We Owe the Future* -

William MacAskill 2022-08-16

Instant New York Times

Bestseller "This book will change your sense of how grand the sweep of human history could be, where you fit

into it, and how much you could do to change it for the better. It's as simple, and as ambitious, as that." —Ezra Klein An Oxford philosopher

makes the case for "longtermism" — that

positively influencing the long-term future is a key moral priority of our time. The fate of the world is in our hands.

Humanity's written history spans only five thousand years. Our yet-unwritten future could last for millions more — or it could end tomorrow.

Astonishing numbers of people

could lead lives of great happiness or unimaginable suffering, or never live at all, depending on what we choose to do today. In *What We Owe The Future*, philosopher William MacAskill argues for longtermism, that idea that positively influencing the distant future is a key moral priority of our time. From this perspective, it's not enough to reverse climate change or avert the next pandemic. We must ensure that civilization would rebound if it collapsed; counter the end of moral progress; and prepare for a planet where the smartest beings are digital, not human. If we make wise choices today, our grandchildren's grandchildren will thrive, knowing we did everything we could to give them a world full of justice, hope and beauty.

[Reality+: Virtual Worlds and the Problems of Philosophy](#) -

David J. Chalmers 2022-01-25

A leading philosopher takes a mind-bending journey through virtual worlds, illuminating the nature of reality and our place within it. Virtual reality is

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guest

genuine reality; that's the central thesis of Reality+. In a highly original work of "technophilosophy," David J. Chalmers gives a compelling analysis of our technological future. He argues that virtual worlds are not second-class worlds, and that we can live a meaningful life in virtual reality. We may even be in a virtual world already. Along the way, Chalmers conducts a grand tour of big ideas in philosophy and science. He uses virtual reality technology to offer a new perspective on long-established philosophical questions. How do we know that there's an external world? Is there a god? What is the nature of reality? What's the relation between mind and body? How can we lead a good life? All of these questions are illuminated or transformed by Chalmers' mind-bending analysis. Studded with illustrations that bring philosophical issues to life, Reality+ is a major statement that will shape discussion of philosophy, science, and technology for years to come.

*Seven Strategies for Wealth and Happiness* - E. James Rohn 2012

Jim Rohn will show you don't have to choose between wealth and happiness. Wealth and happiness spring from the same fountain of abundance. Through Rohn's teachings you will learn how to unlock the prosperity inside yourself as well as the power of goals and infinite knowledge.

**The Art of Happiness** - Epicurus 2012-12-24

The brilliant writings of a highly influential Greek philosopher, with a foreword by Daniel Klein, author of *Travels with Epicurus* The teachings of Epicurus—about life and death, religion and science, physical sensation, happiness, morality, and friendship—attracted legions of adherents throughout the ancient Mediterranean world and deeply influenced later European thought. Though Epicurus faced hostile opposition for centuries after his death, he counts among his many admirers Thomas Hobbes, Thomas Jefferson, Karl

Marx, and Isaac Newton. This volume includes all of his extant writings—his letters, doctrines, and Vatican sayings—alongside parallel passages from the greatest exponent of his philosophy, Lucretius, extracts from Diogenes Laertius' *Life of Epicurus*, a lucid introductory essay about Epicurean philosophy, and a foreword by Daniel Klein, author of *Travels with Epicurus* and coauthor of the New York Times bestseller *Plato and a Platypus Walk into a Bar*. For more than sixty-five years, Penguin has been the leading publisher of classic literature in the English-speaking world. With more than 1,500 titles, Penguin Classics represents a global bookshelf of the best works throughout history and across genres and disciplines. Readers trust the series to provide authoritative texts enhanced by introductions and notes by distinguished scholars and contemporary authors, as well as up-to-date translations by award-winning translators.

*Buddha's Brain* - Rick Hanson

2009-11-01

Jesus, Moses, Mohammed, Gandhi, and the Buddha all had brains built essentially like anyone else's, yet they were able to harness their thoughts and shape their patterns of thinking in ways that changed history. With new breakthroughs in modern neuroscience and the wisdom of thousands of years of contemplative practice, it is possible for us to shape our own thoughts in a similar way for greater happiness, love, compassion, and wisdom. *Buddha's Brain* joins the forces of modern neuroscience with ancient contemplative teachings to show readers how they can work toward greater emotional well-being, healthier relationships, more effective actions, and deepened religious and spiritual understanding. This book will explain how the core elements of both psychological well-being and religious or spiritual life-virtue, mindfulness, and wisdom-are based in the core functions of the brain: regulating, learning, and valuing. Readers will also

learn practical ways to apply this information, as the book offers many exercises they can

do to tap the unused potential of the brain and rewire it over time for greater peace and well-being.