From the bestselling authors of The Daily Stoic comes an inspiring guide to the lives of the Stoics, and what the ancients can teach us about happiness, success, resilience, and virtue. Nearly 2,300 years after a ruined merchant named Zeno first established a school on the Stoa Poikile of Athens, Stoicism has found a new audience among those who seek greatness, from athletes to politicians and everyone in between. It’s no wonder; the philosophy and its embrace of self-mastery, virtue, and indifference to that which we cannot control is as urgent today as it was in the chaos of the Roman Empire. In Lives of the Stoics, Holiday and Hanselman present the fascinating lives of the men and women who strove to live by the timeless Stoic virtues of Courage. Justice. Temperance. Wisdom. Organized in digestible, mini-biographies of all the well-known—and not so well-known—Stoics, this book vividly brings home what Stoicism was like for the people who loved it and lived it, dusting off powerful lessons to be learned from their struggles and successes. More than a mere history book, every example in these pages, from Epictetus to Marcus Aurelius—slaves to emperors—is designed to help the reader apply philosophy in their own lives. Holiday and Hanselman unveil the core values and ideas that unite figures from Seneca to Cato to Cicero across the centuries. Among them are the idea that self-rule is the greatest empire, that character is fate; how Stoics benefit from preparing not only for success, but failure; and learn to love, not merely accept, the hand they are dealt in life. A treasure of valuable insights and stories, this book can be visited again and again by any reader in search of inspiration from the past.

Epictetus was born into slavery about 55 ce in the eastern outreaches of the Roman Empire. Once freed, he established an influential school of Stoic philosophy, stressing that human beings cannot control life, only their responses to it. By putting into practice the ninety-three witty, wise, and razor-sharp instructions that make up The Art of Living, readers learn to meet the challenges of everyday life successfully and to face life’s inevitable losses and disappointments with grace.

Life and its meaning is a mystery almost impossible to solve, but what can the leading theories teach us about the search for purpose? For most of us, the major questions of life continue to perplex: Who am I? Why am I here? How should I live? In the late nineteenth century, a class of thinkers emerged who made solving these problems central to their work. They understood that human questions demand human answers and that without understanding what it means to be human, there are no answers. Through the biographies and theories of luminaries ranging from Sigmund Freud to Erich Fromm, Frank Tallis show us how to think about companionship and parenting, identity and aging, and much more. Accessible yet erudite, The Act of Living is essential reading for anyone seeking answers to life’s biggest questions.

Drawing on theories of lovemaking from ancient Asian and Western cultures, this book provides a new aesthetics of erotic love.
techniques and methodologies. The book has been divided into three sections. The first section has been devoted to the understanding of the key concepts, principles and forces of Vaastu that exert an influence on any given space. The second section of the book reveals how to create heaven on earth; right in your home. It shows how we can achieve internal peace by first achieving external peace in the house. The third section is related to the day-to-day use of Vaastu. One chapter has been devoted to Vaastu of workplace which, in many aspects, is different from residential Vaastu. This book has been written according to the established principles of Vedic Astrology; an inevitable part of Vaastu Shaastra. The effect of the nine planets is considered in Astrology while mainly the effect of planet earth is taken in Vaastu. Astrology depends on dashas (Planetary Periods) while Vaastu depends on dishas (Directions), Jyotish assumes the existence of Kaal Purush (Time Personified) while Vaastu assumes the existence of Vaastu Purush (Space Personified). The book incorporates current knowledge of building science to explain the ancient wisdom of Vaastu Shaastra only to bridge the gap between ancient traditions and modern way of thinking. No attempt has been made to transgress into the other parallel systems known as Feng Shui and Pyramidology, which require totally separate study. The work is meant primarily for those who want to learn Vaastu from the very beginning and pursue it seriously in a scientific manner. The book will also serve as a stepping-stone for those who intend to indulge in hitherto unexplored areas of Vaastu Shaastra like suitability of certain directions for certain activities, hidden meanings of Vaastu Purush; forty-five demi gods; ten dikpalas; three energies and Panchmahabhootas, predicting the fate of a house and its inhabitants through Vaastu kala, etc.

In The Art of Classical Details, classically trained architect Phillip Dodd takes a close-up look at some of the finest examples of neo-classical architecture in the world today. Covering the fundamentals of classical architecture, such as Tuscan, Doric
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 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.

A perceptive exploration of architecture as the art of building, tracing it back to its roots in
Ancient Greece and Rome.

The stoics lived a long time ago, but they had some startling insights into the human
condition - insights which endure to this day. The philosophical tradition, founded in Athens
by Zeno of Citium in 301 BC, endured as an active movement for almost 500 years, and
contributions from dazzling minds such as Cicero, Seneca and Marcus Aurelius helped create
a body of thought with an extraordinary goal - to provide a rational, healthy way of living in
harmony with the nature of the universe and in respect of our relationships with each other.
In many ways a precursor to Cognitive Behavioural Therapy (CBT), Stoicism provides an
armamentarium of strategies and techniques for developing psychological resilience, while
celebrating all in life which is beautiful and important. By learning what stoicism is, you can
revolutionise your life and learn how to seize the day, live happily and be a better person.
This simple, empowering book shows how to use this ancient wisdom to make practical,
positive changes to your life. Using thought-provoking case studies, highlighting key ideas
and things to remember and providing tools for self-assessment, it demonstrates that
Stoicism is a proven, profound pathway to happiness.

An engaging, accessible guide to educating yourself in the classical tradition. Have you lost
the art of reading for pleasure? Are there books you know you should read but haven't
because they seem too daunting? In The Well-Educated Mind, Susan Wise Bauer provides a
welcome and encouraging antidote to the distractions of our age, electronic and otherwise.
In her previous book, The Well-Trained Mind, the author provided a road map of classical
education for parents wishing to home-school their children, and that book is now the
premier resource for home-schoolers. In this new book, Bauer takes the same elements and
techniques and adapts them to the use of adult readers who want both enjoyment and self-
improvement from the time they spend reading. The Well-Educated Mind offers brief,
entertaining histories of five literary genres—fiction, autobiography, history, drama, and
poetry—accompanied by detailed instructions on how to read each type. The annotated lists
at the end of each chapter—ranging from Cervantes to A. S. Byatt, Herodotus to Laurel
Thatcher Ulrich—preview recommended reading and encourage readers to make vital

A leading philosopher shows that if the pursuit of happiness is the question, Epicureanism is the answer. Epicureanism has a reputation problem, bringing to mind gluttons with gout or an admonition to eat, drink, and be merry. In How to Be an Epicurean, philosopher Catherine Wilson shows that Epicureanism isn’t an excuse for having a good time: it’s a means to live a good life. Although modern conveniences and scientific progress have significantly improved our quality of life, many of the problems faced by ancient Greeks—love, money, family, politics—remain with us in new forms. To overcome these obstacles, the Epicureans adopted a philosophy that promoted reason, respect for the natural world, and reverence for our fellow humans. By applying this ancient wisdom to a range of modern problems, from self-care routines and romantic entanglements to issues of public policy and social justice, Wilson shows us how we can all fill our lives with purpose and pleasure.

Historically informed performance (HIP) has provoked heated debate amongst musicologists, performers and cultural sociologists. In The Art of Re-enchantment: Making Early Music in the Modern Age, author Nick Wilson answers many salient questions surrounding HIP through an in-depth analysis of the early music movement in Britain from the 1960s to the present day.

An inquiry into the foundations of European culture. The account ranges from the Greek Dark Ages to the Christianisation of Rome, revealing how the experience of a constantly changing physical environment influenced the inhabitants of Ancient Greece and Rome.

This title was first published in 2003. Presenting philosophy as an art concerned with one’s way of life, Sellars draws on Socratic and Stoic philosophical resources and argues for the ancient claim that philosophy is primarily expressed in one’s behaviour. The book considers the relationship between philosophy and biography, and the bearing that this relationship has on debates concerning the nature and function of philosophy. Questioning the premise that philosophy can only be conceived as a rational discourse, Sellars presents it instead as an art (techne) that combines both ‘logos’ (rational discourse) and ‘askesis’ (training), and suggests that this will make it possible to understand better the relationship between philosophy and biography. The first part of this book outlines the Socratic conception of philosophy as an art and the Stoic development of this idea into an art of living, as well as considering some of the ancient objections to the Stoic conception. Part Two goes on to examine the relationship between philosophical discourse and exercises in Stoic philosophy. Taking the literary form of such exercises as central, the author analyses two texts devoted to philosophical exercises by Epictetus and Marcus Aurelius.

The fairy tale may be one of the most important cultural and social influences on children’s lives. But until Fairy Tales and the Art of Subversion, little attention had been paid to the...
ways in which the writers and collectors of tales used traditional forms and genres in order to shape children's lives – their behavior, values, and relationship to society. As Jack Zipes convincingly shows, fairy tales have always been a powerful discourse, capable of being used to shape or destabilize attitudes and behavior within culture. For this new edition, the author has revised the work throughout and added a new introduction bringing this classic title up to date.

Updates the teachings of Epictetus into modern language and provides insights on behaviors relating to happiness, contentment, and peace.

Eric Lonergan explores our complex relationship with money. In a provocative and insightful analysis, he argues that few things seem to matter more to us, but few things are as poorly understood. Economists have long worked with the theory that our relationship to money is rational, but not all our reactions to it make sense. Lonergan shows that many of our views about money, credit and saving are little better than prejudices. The same social and emotional forces that affect quant traders in the world's financial markets can be seen in the mania of Poké card trading in the school playground. This fascinating book reveals the tension between money’s capacity to assist us in our lives and its propensity to cause instability and to distort our values. We are limited in our ability to control money’s power, says Lonergan, but only by understanding money better, and thinking about it less, may we get on with enjoying what we have.

A highly detailed teaching method that continues and extends the instrumental principles of Vol. 1 in this tutor series. It takes the student from approximately a 2nd to 5th grade standard.

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.

Collects alphabetically arranged essays on how classical tradition has shaped popular culture, government, mathematics, medicine, and drama.

In this deeply considered meditation on aging in Western culture, Jan Baars argues that, in today's world, living longer does not necessarily mean living better. He contends that there has been an overall loss of respect for aging, to the point that understanding and “dealing with” aging people has become a process focused on the decline of potential and the advance of disease rather than on the accumulation of wisdom and the creation of new skills. To make his case, Baars compares and contrasts the works of such modern-era thinkers as Foucault, Heidegger, and Husserl with the thought of Plato, Aristotle, Sophocles, Cicero, and other Ancient and Stoic philosophers. He shows how people in the classical period—less able to control health hazards—had a far better sense of the provisional nature of living, which led to a philosophical and religious emphasis on cultivating the art of living and the idea of wisdom. This is not to say that modern society's assessments of aging are insignificant, but they do need to balance an emphasis on the measuring of age with the...
Epictetus was born into slavery about 55 CE in the eastern outreaches of the Roman Empire. Once freed, he established an influential school of Stoic philosophy, stressing that human beings cannot control life, only their responses to it. By putting into practice the ninety-three witty, wise, and razor-sharp instructions that make up The Art of Living, readers learn to meet the challenges of everyday life successfully and to face life's inevitable losses and disappointments with grace.

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.

A must-have reference book for today's artists and art students. Every artist needs to learn and master the still life. Written by a well-known artist and expert instructor, The Art of Still Life offers a comprehensive, contemporary approach to the subject that instructs artists on the foundation basics and advanced techniques they need for successful drawing and painting. In addition to Casey's stunning paintings, the work of over fifty past and present masters is included, so that the book will do double duty as a hardworking how-to manual and a visual treasure trove of some of the finest still life art throughout history and being created today.

With no memory of the car accident itself, 17-year-old Mia must come to terms with never really knowing what happened one horrific winter's day that changed her life forever. A powerful, timely exploration of the art of living and dying on our own terms by one of Australia's most respected voices Of all the experiences we share, two universal events bookend our lives: we were all born and we will all die. We don't have a choice in how we
enter the world but we can have a say in how we leave it. In order to die well, we must be prepared to contemplate our mortality and to broach it with our loved ones, who are often called upon to make important decisions on our behalf. These are some of the most important conversations we can have with each other - to find peace, kindness and gratitude for what has gone before, and acceptance of what is to come. Dr Ranjana Srivastava draws on two decades of experience to share her observations and advice on leading a meaningful life and finding dignity and composure at the end. With an emphasis on advocacy, leaving a legacy and staying true to our deepest convictions, Srivastava tells stories of strength, hope and resilience in the face of grief and offers an optimistic meditation on approaching the end of life. Intelligent, warm and deeply affecting, A Better Death is a passionate exploration of the art of living and dying well. Dr Ranjana Srivastava OAM is a practising oncologist, award-winning writer, broadcaster and Fulbright scholar. See www.ranjanasrivastava.com

Acclaimed as one of the most exciting books in the history of American letters, this modern epic became an instant bestseller upon publication in 1974, transforming a generation and continuing to inspire millions. This 25th Anniversary Quill Edition features a new introduction by the author; important typographical changes; and a Reader's Guide that includes discussion topics, an interview with the author, and letters and documents detailing how this extraordinary book came to be. A narration of a summer motorcycle trip undertaken by a father and his son, the book becomes a personal and philosophical odyssey into fundamental questions of how to live. The narrator's relationship with his son leads to a powerful self-reckoning; the craft of motorcycle maintenance leads to an austerely beautiful process for reconciling science, religion, and humanism. Resonant with the confusions of existence, Zen and the Art of Motorcycle Maintenance is a touching and transcendent book of life.