

Living An Examined Life Wisdom For The Second Half Of The Journey

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The Examined Life - Dennis M. Helming 1997-01-01

A merely virtuous life does not bring happiness. But if virtue is joined with generous self-giving, everyday obligations are enlivened and transformed. You won't find a more original and reliable owner's manual for the human person.

Living the Simply Luxurious Life - Shannon Ables 2018-10-07

What can you uniquely give the world? We often sell ourselves short with self-limiting beliefs, but most of us would be amazed and delighted to know that we do have something special - our distinctive passions and talents - to offer. And what if I told you that what you have to give will also enable you to live a life of true contentment? How is that possible? It happens when you embrace and curate your own simply luxurious life. We tend to not realize the capacity of our full potential and settle for what society has deemed acceptable. However, each of us has a unique journey to travel if only we would find the courage, paired with key skills we can develop, to step forward. This book will help you along the deeper journey to discovering your best self as you begin to trust your intuition and listen to your curiosity. You will learn how to: - Recognize your innate strengths - Acquire the skills needed to nurture your best self - Identify and navigate past societal limitations often placed upon women - Strengthen your brand both personally and professionally - Build a supportive and healthy community - Cultivate effortless style - Enhance your everyday meals with seasonal fare - Live with less, so that you can live more fully - Understand how to make a successful fresh start - Establish and mastermind your financial security - Experience great pleasure and joy in relationships - Always strive for quality over quantity in every arena of your life Living simply luxuriously is a choice: to think critically, to live courageously, and to savor the everyday as much as the grand occasions. As you learn to live well in your everyday, you will elevate your experience and recognize what is working for you and what is not. With this knowledge, you let go of the unnecessary, thus simplifying your life and removing the complexity. Choices become easier, life has more flavor, and you begin to feel deeply satisfying true contentment. The cultivation of a unique simply luxurious life is an extraordinary daily journey that each of us can master, leading us to our fullest potential.

The Examined Life - John Kekes 2010-11-01

Mind Flight - Tom Lombardo 2011-09-06

With great honesty, and both drama and romance, *Mind Flight* weaves together personal narrative and intellectual odyssey, taking readers along on the author's pursuit of wisdom and enlightenment, his search for love, and his quest for an inspiring vision of the future. Encyclopedic in scope, the book pulls together Plato, Freud, Spinoza, Nietzsche, and other epochal historical figures with Pink Floyd, the Hippies, the Sexual Revolution, *A Clockwork Orange*, the Yin-Yang, the madhouse world of mental health, and the fantastical visions of science fiction. What results in this grand saga is not only a chronicle of one man's journey from industrial, middle-class America where weightlifting and fist fighting define virtue and value to the philosophical life in the mystical expanse of the Southwest, but a profound exploration of the archetypal themes of order and chaos; good and evil; truth and beauty; passion and reason; and science and God. *Mind Flight* draws the reader into the vast wonders and possibilities of the future, and is a stunning example of living the examined life.

BROKEN MIRROR - JAMES. HOLLIS 2022

Hauntings - Dispelling the Ghosts Who Run Our Lives [Paperback] -

James Hollis, PH.D. 2015-07-15

What does life ask of us, and how are we to answer that summons? Are we here just to propagate the species anew? Do any of us really believe

that we are here to make money and then die? Does life matter, in the end, and if so, how, and in what fashion? What guiding intelligence weaves the threads of our individual biographies? What hauntings of the invisible world invigorate, animate, and direct the multiple narratives of daily life? In *Hauntings*, James Hollis considers how we are all governed by the presence of invisible forms-spirits, ghosts, ancestral and parental influences, inner voices, dreams, impulses, untold stories, complexes, synchronicities, and mysteries-which move through us, and through history. He offers a way to understand them psychologically, examining the persistence of the past in influencing our present, conscious lives and noting that engagement with mystery is what life asks of each of us. From such engagements, a deeper, more thoughtful, more considered life may come. James Hollis, PhD, is a co-founder of the C. G. Jung Institute of Philadelphia and Saybrook University's Jungian Studies program, director emeritus of the Jung Center of Houston, vice president emeritus of the Philemon Foundation, and an adjunct professor at Saybrook University and Pacifica Graduate Institute. He resides in Houston, Texas, where he conducts an analytic practice.

Living Between Worlds - James Hollis 2020-06-23

What guides us when our world is changing? Discover the path to deeper meaning and purpose through depth psychology and classical thought. How did we get to this crossroads in history? And will we make it through—individually and as a species? “We all assumed that learning, rationality, and good intentions would prove enough to bring us to the promised land,” says Dr. James Hollis. “But they haven’t and won’t. Yet what we also do not recognize sufficiently is that this human animal is equipped for survival. In time, as we have seen of life’s other insolubles, we grow large enough to contain what threatened to destroy us.” Dr. Hollis’s readers know him as a penetrating thinker who brings profound insight and sophistication to the inner journey. In *Living Between Worlds*, he broadens his lens to encompass the relationship between our inner struggles and the rapidly shifting realities of modern human existence. You will learn to invoke the tools of depth psychology, classical literature, philosophy, dream work, and myth to gain access to the resources that supported our ancestors through their darkest hours. Through these paths of inner exploration, you will access your “locus of knowing”—an inner wellspring of deep resilience beyond the ego, always available to guide you back to the imperatives of your soul. Though many of the challenges of our times are unique, the path through for us, personally and collectively, will always rely on our measureless capacity for creativity, wisdom, and connection to a reality larger than ourselves. Here you will find no easy answers or pat reassurances. Yet within the pages of *Living Between Worlds*, you will encounter causes for hope. “We can find what supports us when nothing supports us,” Hollis teaches. “By bearing the unbearable, we go through the desert to arrive at a nurturing oasis we did not know was there.”

The Purpose Driven Life - Rick Warren 2012-10-23

Discover and fulfill your God-given purpose by joining the more than thirty-five million others who have embarked on a spiritual journey that started with this #1 New York Times bestselling book by Pastor Rick Warren. Before you were born, God knew what your life had in store for you. His hope for you is to discover the life he created just for you—both here on earth, and forever in eternity. Let Rick Warren guide you as you learn to live out your true purpose. *The Purpose Driven Life* is more than a book; it's a road map for your spiritual journey. Combining thoughtful verses from Scripture with timely stories and perspectives from Warren's own life, *The Purpose Driven Life* will help you discover the answer to one of life's most important questions: What on earth am I here for? Throughout *The Purpose Driven Life*, Warren will teach you to spend time getting to know yourself and your creator in order to live your life to the fullest. Unlocking your true purpose will also reduce your stress,

simplify your decisions, increase your satisfaction, and, most importantly, prepare you for eternity. Designed to be read over the course of forty-two days, *The Purpose Driven Life* will help you see the big picture, giving you a fresh perspective on the way that the pieces of your life fit together. Every chapter of *The Purpose Driven Life* provides a daily meditation and practical steps to help you uncover and live out your purpose, starting with exploring three essential questions: The Question of Existence: Why am I alive? The Question of Significance: Does my life matter? The Question of Purpose: What on earth am I here for? Each copy of *The Purpose Driven Life* also includes thoughtful discussion questions, audio Bible studies that go along with every chapter, and access to a supportive online community, giving you the opportunity to dive even deeper into each life-changing lesson.

Creating a Life - James Hollis 2001

Ask yourself, 'When do I feel most real?' What comes up on the screen? All of us have had moments in our lives when we felt whole or wholly present, or experienced a sense of well-being, an intuition of a higher order of reality. Such moments are transitory, alas, and cannot be summoned up by will or mind or right conduct, just as the person who seeks humility finds more and more that pride and one-sidedness push the goal further and further away. - excerpt from *Creating A Life*

Living Your Unlived Life - Robert A. Johnson 2007-10-04

The esteemed Jungian psychologist counsels on how to cope with feelings of failure or regret in the latter half of life and how to open to a more meaningful existence, even if outer circumstances cannot be changed. In *Living Your Unlived Life*, the renowned therapist Robert A. Johnson, writing with longtime collaborator and fellow Jungian psychologist Jerry M. Ruhl, offers a simple but transformative premise: Our abandoned, unrealized, or underdeveloped talents, when they are not fully integrated into our lives, can become profoundly troublesome in midlife, leading us to depression, suddenly hating our spouses, our jobs, or even our lives. When our unlived lives are brought to consciousness, however, they can become the fuel that can propel us beyond our limitations?even if our outer circumstances cannot always be visibly altered.

[What Matters Most](#) - James Hollis 2009

Outlines an approach to achieving happiness that counsels on ways to overcome fear-based hurdles, explains how to evaluate one's internal beliefs, and reveals the importance of pursuing growth rather than security.

Examined Lives - James Miller 2011-01-04

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

[The Wisdom of Life](#) - Arthur Schopenhauer 2022-07-07

'The Wisdom of Life' is a short philosophical essay by the Nineteenth-century German philosopher Arthur Schopenhauer (1788-1860). In this last published work, Arthur breaks down happiness into three parts and explores the nature of human happiness and tries to understand how one should order his life so as to obtain the greatest possible amount of pleasure and success. Arthur championed individual strength of will and independent, reasoned deliberation above the irrational impulses that animated most of society. This essay offers guidelines for living life to its fullest, and conveys a message that a life well lived should always reach beyond itself to a higher plane.

The Wisdom of Frugality - Emrys Westacott 2016-09-20

From Socrates to Thoreau, most philosophers, moralists, and religious

leaders have seen frugality as a virtue and have associated simple living with wisdom, integrity, and happiness. But why? And are they right? Is a taste for luxury fundamentally misguided? If one has the means to be a spendthrift, is it foolish or reprehensible to be extravagant? In this book, Emrys Westacott examines why, for more than two millennia, so many philosophers and people with a reputation for wisdom have been advocating frugality and simple living as the key to the good life. He also looks at why most people have ignored them, but argues that, in a world facing environmental crisis, it may finally be time to listen to the advocates of a simpler way of life. *The Wisdom of Frugality* explores what simplicity means, why it's supposed to make us better and happier, and why, despite its benefits, it has always been such a hard sell. The book looks not only at the arguments in favor of living frugally and simply, but also at the case that can be made for luxury and extravagance, including the idea that modern economies require lots of getting and spending. A philosophically informed reflection rather than a polemic, *The Wisdom of Frugality* ultimately argues that we will be better off—as individuals and as a society—if we move away from the materialistic individualism that currently rules.

Prisms - James Hollis 2021-02

Prisms summarizes a lifetime of observing, engaging, and exploring why we are here, in service to what, and what life asks of us.

Tracking the Gods - James Hollis 1995

Whatever our cultural and religious background or personal psychology, a greater intimacy with myth provides a vital link with meaning, the absence of which is so often behind the neuroses of our time. Here the acclaimed author of *The Middle Passage* (title 59) explains why a connection with our mythic roots is crucial for us as individuals and as responsible citizens of our age.

On this Journey We Call Our Life - James Hollis 2003-01-01

Stock, bonds, cash - the investment mind is often programmed. The reality is that most investors think in terms of single asset classes, and allocate money to them accordingly. The contribution of *First Principles: An Investor's Guide to Building Bridges Across Financial Products* is that a single unified valuation approach is available to use for all financial products. This book shows investors how to focus on the dynamics of processes and interrelationships of different investment choices, providing the reader with a financial toolbox to equips any investor with the knowledge to de-construct and value any financial product, making it a must for portfolio managers and individual investors interested in building optimal portfolios.

Technology and the Virtues - Shannon Vallor 2016-08-02

The 21st century offers a dizzying array of new technological developments: robots smart enough to take white collar jobs, social media tools that manage our most important relationships, ordinary objects that track, record, analyze and share every detail of our daily lives, and biomedical techniques with the potential to transform and enhance human minds and bodies to an unprecedented degree. Emerging technologies are reshaping our habits, practices, institutions, cultures and environments in increasingly rapid, complex and unpredictable ways that create profound risks and opportunities for human flourishing on a global scale. How can our future be protected in such challenging and uncertain conditions? How can we possibly improve the chances that the human family will not only live, but live well, into the 21st century and beyond? This book locates a key to that future in the distant past: specifically, in the philosophical traditions of virtue ethics developed by classical thinkers from Aristotle and Confucius to the Buddha. Each developed a way of seeking the good life that equips human beings with the moral and intellectual character to flourish even in the most unpredictable, complex and unstable situations--precisely where we find ourselves today. Through an examination of the many risks and opportunities presented by rapidly changing technosocial conditions, Vallor makes the case that if we are to have any real hope of securing a future worth wanting, then we will need more than just better technologies. We will also need better humans. *Technology and the Virtues* develops a practical framework for seeking that goal by means of the deliberate cultivation of technomoral virtues: specific skills and strengths of character, adapted to the unique challenges of 21st century life, that offer the human family our best chance of learning to live wisely and well with emerging technologies.

[Examined Life](#) - Robert Nozick 1990-12-15

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

[Creating the Good Life](#) - James O'Toole 2005-05-06

Professionals and business people in midlife are increasingly asking themselves "what's next?" in their careers and personal lives. *Creating the Good Life* draws on the wisdom of the ages to help contemporary men and women plan for satisfying, useful, moral, and meaningful second halves of their lives. For centuries, the brightest people in Western societies have looked to Aristotle for guidance on how to lead a good life and how to create a good society. Now James O'Toole--the Mortimer J. Adler Senior Fellow of the Aspen Institute--translates that classical philosophical framework into practical, comprehensible terms to help professionals and business people apply it to their own lives and work. His book helps thoughtful readers address some of the profound questions they are currently struggling with in planning their futures:

- How do I find meaning and satisfaction?
- How much money do I need in order to be happy?
- What is the right balance between work, family, and leisure?
- What are my responsibilities to my community?
- How can I create a good society in my own company?

Bridging philosophy and self-help, O'Toole's book shows how happiness ultimately is attainable no matter one's level of income, if one uses Aristotle's practical exercises to ask the right questions and to discipline oneself to pursue things that are "good for us." The book is the basis for O'Toole's new "Good Life" seminar, where thoughtful men and women gather to create robust and satisfying life plans.

The Middle Passage - James Hollis 1993

Title #59. Why do so many go through so much disruption in their middle years? Why then? Why do we consider it to be a crisis? What does the pattern mean and how can we survive it? *The Middle Passage* shows how we may pass through midlife consciously, rendering our lives more meaningful and the second half of life immeasurably richer.

Apology - Plato 2018-08-20

The Apology of Socrates was written by Plato. In fact, it's a defensive speech of Socrates that he said in a court noted down by Plato. The main subject of the speech is a problem of the evil. Socrates insists that neither death nor death sentence is evil. We shouldn't be afraid of the death because we don't know anything about it. Socrates proved that the death shouldn't be taken as the evil with the following dilemma: the death is either a peace or a transit from this life to the next. Both can't be called evil. Consequently, the death shouldn't be treated as evil.

Don't Unplug - Chris Dancy 2018-09-18

Chris Dancy, the world's most connected person, inspires readers with practical advice to live a happier and healthier life using technology. In 2002, Chris Dancy was overweight, unemployed, and addicted to technology. He chain-smoked cigarettes, popped pills, and was angry and depressed. But when he discovered that his mother kept a record of almost every detail of his childhood, an idea began to form. Could knowing the status of every aspect of his body and how his lifestyle affected his health help him learn to take care of himself? By harnessing the story of his life, could he learn to harness his own bad habits? With a little tech know-how combined with a healthy dose of reality, every app, sensor, and data point in Dancy's life was turned upside down and examined. Now he's sharing what he knows. That knowledge includes the fact that changing the color of his credit card helps him to use it less often, and that nostalgia is a trigger for gratitude for him. A modern-day story of rebirth and redemption, Chris' wisdom and insight will show readers how to improve their lives by paying attention to the relationship between how we move, what we eat, who we spend time with, and how it all makes us feel. But Chris has done all the hard work: *Don't Unplug* shows us how we too can transform our lives.

Examined Life - Astra Taylor 2009

This accompaniment to Taylor's documentary film of the same name, which premiered at the Toronto International Film Festival in 2008, is a peripatetic effort to bring philosophy to the streets. Taylor speaks with today's most influential thinkers in settings that give meaning and inspiration to the discussions. Most notable are Peter Singer's thoughts on ethics and consumption in the middle of busy Fifth Avenue, Michael Hardt's talk of revolution in a rowboat in Central Park, and Slavoj Žižek strolling through a garbage dump while criticizing environmentalism. There are also appearances by Cornel West, Avital Ronell, Kwame Anthony Appiah, Martha Nussbaum, and Judith Butler. Both the book and the film attempt to make philosophy approachable, and the majority of the discussions here do just that. Taylor, for better or worse, refrains from any overarching theme or commentary, although her interactions with these thinkers do go beyond mere interviews to productive philosophical debates. As in life, in the end it is the walks and the fruitful conversations that are important. Recommended for public libraries.

[Look for the DVD review in a future issue. Ed.] Steven Chabot, Ontario Ministry of Labour, Toronto Copyright Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

The Ten Golden Rules - M. A. Soupios 2009-03-31

A Stoic Guide to the Art of Living a Richer, More Meaningful Life. Plato, Aristotle, Socrates, Epictetus, Epicurus, Pythagoras, Aesop—such wisdom, now at your fingertips. Timeless wisdom from these ancient Greek philosophers plus others has been condensed by the authors into ten memorable and easy-to-understand rules that, if lived by, can enable modern readers to have rich, meaningful lives. The ten rules . . . represent enduring features of the Greek wisdom. In a very real sense, they defy time and place and represent insights that remain profoundly relevant for contemporary culture. They can serve as anti-dotes for an age in which much that is true and valuable has been obscured by falsity and misconception. Accordingly, these ancient aphorisms are offered to all those interested in rubbing the dust from their eyes. With each chapter examining a rule, all chapters begin with a quote from one of the great Greek philosophers who inspired the rule, followed by a story or explanation of the rule and its importance in life, and end with teaching points on which to meditate and reflect. From this simple starting point, each rule allows the reader to unfurl and explore the richness and depth that can be found in life by embracing the lesson offered. Any reader searching for meaning will return to this simple, slim volume again and again to find tried-and-true wisdom that spans the ages to speak to us today.

Living an Examined Life - James Hollis, Ph.D. 2018-02-01

An Invitation to Listen to Your Soul's Calling. How do you define "growing up"? Does it mean you achieve certain cultural benchmarks—a steady income, paying taxes, marriage, and children? Or does it mean leaving behind the expectations of others and growing into the person you were meant to be? If you find yourself in a career, place, relationship, or crisis you never foresaw or that seems at odds with your beliefs about who you are, it means your soul is calling on you to reexamine your path. With *Living an Examined Life*, James Hollis offers an essential guidebook for anyone at a crossroads in life. Here this acclaimed author guides you through 21 areas for self-inquiry and growth, challenging you to:

- Recover Personal Authority—how to stop living in response to the expectations placed on you
- Choose Meaning Over Happiness—why seeking truth instead of entertaining distractions ultimately leads to greater fulfillment
- Exorcise the Ghosts of the Past That Bind You—how the voices that haunt you can lead you to grow
- Bestow Love on the Unlovable Parts of You—recovering the guiding force concealed in your Shadow
- Construct a Mature Spirituality—the five essential elements of integrating meaning and mystery into your life
- Seize Permission to Be Who You Really Are—the challenge of fully showing up for your life

With his trademark eloquence and insight, Dr. Hollis offers *Living an Examined Life* to inspire you toward a life of personal authority, integrity, and fulfillment. "It is my hope that this book will be a tool to recover your respect for that which abides deeply within," writes Dr. Hollis. "You will not be spared disappointment or suffering. But you can know the depth and dignity of an authentic journey, of being a real player in your time on this turning planet, and your life will become more interesting, taking you deeper than ever before."

The Eden Project - James Hollis 1998

James Hollis examines society's fixed views and fantasies in regards to relationships. This text is not a practical guide on how to fix a relationship, but rather a challenge to greater personal responsibility, a call for individual growth as opposed to seeking rescue through others.

The Neo-Generalist - Kenneth Mikkelsen 2019-04-11

We live in a world of hyper specialism, losing context and our connection to the surrounding region breaks down. The expertise we valued so highly has served to narrow and shorten our vision. It has blinded us to potential and opportunity. This book argues that there is the need and place for both specialist and the generalist. Currently, it feels the balance is tipped too far towards specialism, which results in too much blinkered decision-making. The authors call for people to develop into generalists. These are people who possess both a breadth and depth of skills, knowledge and experience. These are most definitely not 'jack of all trades, masters of none'. Rather, they are people who have the potential, the attitude and the aptitude to specialise in more than one discipline, and are adept at navigating the digital, networked world we inhabit today.

Why Good People Do Bad Things - James Hollis 2008-04-17

Working with the Shadow is not working with evil, per se. It is working toward the possibility of greater wholeness. We will never experience

healing until we can come to love our unlovable places, for they, too, ask love of us. How is it that good people do bad things? Why is our personal story and our societal history so bloody, so repetitive, so injurious to self and others? How do we make sense of the discrepancies between who we think we are—or who we show to the outside world—versus our everyday behaviors? Why are otherwise ordinary people driven to addictions and compulsions, whether alcohol, drugs, food, shopping, infidelity, or the Internet? Why are interpersonal relationships so often filled with strife? Exploring Jung's concept of the Shadow—the unconscious parts of our self that contradict the image of the self we hope to project—Why Good People Do Bad Things guides you through all the ways in which many of our seemingly unexplainable behaviors are manifestations of the Shadow. In addition to its presence in our personal lives, Hollis looks at the larger picture of the Shadow at work in our culture—from organized religion to the suffering and injustice that abounds in our modern world. Accepting and examining the Shadow as part of one's self, Hollis suggests, is the first step toward wholeness. Revealing a new way of understanding our darker selves, Hollis offers wisdom to help you to acquire a more conscious conduct of your life and bring a new level of awareness to your daily actions and choices.

Finding Meaning in an Imperfect World - Iddo Landau 2017-07-01
Does life have meaning? Is it possible for life to be meaningful when the world is filled with suffering and when so much depends merely upon chance? Even if there is meaning, is there enough to justify living? These questions are difficult to resolve. There are times in which we face the mundane, the illogically cruel, and the tragic, which leave us to question the value of our lives. However, Iddo Landau argues, our lives often are, or could be made, meaningful—we've just been setting the bar too high for evaluating what meaning there is. When it comes to meaning in life, Landau explains, we have let perfect become the enemy of the good. We have failed to find life perfectly meaningful, and therefore have failed to see any meaning in our lives. We must attune ourselves to enhancing and appreciating the meaning in our lives, and Landau shows us how to do that. In this warmly written book, rich with examples from the author's life, film, literature, and history, Landau offers new theories and practical advice that awaken us to the meaning already present in our lives and demonstrates how we can enhance it. He confronts prevailing nihilist ideas that undermine our existence, and the questions that dog us no matter what we believe. While exposing the weaknesses of ideas that lead many to despair, he builds a strong case for maintaining more hope. Along the way, he faces provocative questions: Would we choose to live forever if we could? Does death render life meaningless? If we examine it in the context of the immensity of the whole universe, can we consider life meaningful? If we feel empty once we achieve our goals, and the pursuit of these goals is what gives us a sense of meaning, then what can we do? Finding Meaning in an Imperfect World is likely to alter the way you understand your life.

Know Thyself - Mitchell S. Green 2017-11-28

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 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/know-thyself>). 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.

Under Saturn's Shadow - James Hollis 1994

Saturn was the Roman god who ate his children to stop them from usurping his power. Men have been psychologically and spiritually wounded by this legacy. Hollis offers a rich perspective on the secrets men carry in their hearts.

An Adventure In Moral Philosophy - Warner Fite 2020-07-21

Originally published in 1926, this book develops the Socratic thesis that morality is intelligence, that morality is not a matter of standards, laws and principles but in knowing what we do - in living self-consciously. The book develops this central theme in its bearings upon logic and science, art and religion and suggests that both intelligence and morality stand for much more than appears first obvious.

The Examined Life: How We Lose and Find Ourselves - Stephen Grosz 2014-05-12

The author describes his work as a psychoanalyst over a twenty-five year period, describing his efforts to guide his patients to personal insights into their behaviors and resolutions which can change their lives for the better.

The Socrates Express - Eric Weiner 2020-08-25

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. 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).

Doctor Strange and Philosophy - Mark D. White 2018-05-03

Explore the mind and world of the brilliant neurosurgeon-turned-Sorcerer Supreme Doctor Stephen Strange Marvel Comics legends Stan Lee and Steve Ditko first introduced Doctor Stephen Strange to the world in 1963—and his spellbinding adventures have wowed comic book fans ever since. Over fifty years later, the brilliant neurosurgeon-turned-Sorcerer Supreme has finally travelled from the pages of comics to the big screen, introducing a new generation of fans to his mind-bending mysticism and self-sacrificing heroics. In *Doctor Strange and Philosophy*, Mark D. White takes readers on a tour through some of the most interesting and unusual philosophical questions which surround Stephen Strange and his place in the Marvel Universe. Essays from two-dozen Philosophers Supreme illuminate how essential philosophical concepts, including existentialism, epistemology, metaphysics, and ethics, relate to the world of Doctor Strange. Fans will find answers to all their Strange questions: How does Doctor Strange reconcile his beliefs in science and magic? What does his astral self say about the relationship between mind and body? Why is he always so alone? And what does he mean when he says we're just "tiny momentary specks within an indifferent universe"—and why was he wrong? You won't need the Eye of Agamotto to comprehend all that is wise within. *Doctor Strange and Philosophy* offers comic book fans and philosophers alike the chance to dive deeper into the world of one of Marvel's most mystical superheroes.

How to Live a Good Life - Massimo Pigliucci 2020-01-07

A collection of essays by fifteen philosophers presenting a thoughtful, introductory guide to choosing a philosophy for living an examined and meaningful life. Socrates famously said "the unexamined life is not worth living," but what does it mean to truly live philosophically? This thought-provoking, wide-ranging collection brings together essays by fifteen leading philosophers reflecting on what it means to live according to a philosophy of life. From Eastern philosophies (Daoism, Confucianism,

and Buddhism) and classical Western philosophies (such as Aristotelianism and Stoicism), to the four major religions, as well as contemporary philosophies (such as existentialism and effective altruism), each contributor offers a lively, personal account of how they find meaning in the practice of their chosen philosophical tradition. Together, the pieces in *How to Live a Good Life* provide not only a beginner's guide to choosing a life philosophy but also a timely portrait of what it means to live an examined life in the twenty-first century. A VINTAGE ORIGINAL

[Living an Examined Life](#) - James Hollis 2018-02-01

How do you define "growing up"? Does it mean you achieve certain cultural benchmarks—a steady income, paying taxes, marriage, and children? Or does it mean leaving behind the expectations of others and growing into the person you were meant to be? If you find yourself in a career, place, relationship, or crisis you never foresaw and that seems at odds with your beliefs about who you are, it means your soul is calling on you to reexamine your path. With *Living an Examined Life*, James Hollis offers an essential guidebook for anyone at a crossroads in life. Here this acclaimed author guides you through 21 areas for self-inquiry and growth—such as how to exorcise the ghosts of your past, when to choose meaning over happiness, how to construct a mature spirituality, and how to seize permission to be who you really are. With his trademark eloquence and insight, Dr. Hollis offers a potent resource you'll return to time and again to energize and inspire you on your journey to create a life of personal authority, integrity, and fulfillment.

[Finding Meaning in the Second Half of Life](#) - James Hollis 2005-05-05

What does it really mean to be a grown up in today's world? We assume that once we "get it together" with the right job, marry the right person, have children, and buy a home, all is settled and well. But adulthood presents varying levels of growth, and is rarely the respite of stability we

expected. Turbulent emotional shifts can take place anywhere between the age of thirty-five and seventy when we question the choices we've made, realize our limitations, and feel stuck—commonly known as the "midlife crisis." Jungian psycho-analyst James Hollis believes it is only in the second half of life that we can truly come to know who we are and thus create a life that has meaning. In *Finding Meaning in the Second Half of Life*, Hollis explores the ways we can grow and evolve to fully become ourselves when the traditional roles of adulthood aren't quite working for us, revealing a new way of uncovering and embracing our authentic selves. Offering wisdom to anyone facing a career that no longer seems fulfilling, a long-term relationship that has shifted, or family transitions that raise issues of aging and mortality, *Finding Meaning in the Second Half of Life* provides a reassuring message and a crucial bridge across this critical passage of adult development.

[The Best of James Hollis](#) - Logan Jones 2021-10-01

The Best of James Hollis: Wisdom for the Inner Journey is a collection of excerpts from the writings of James Hollis, PhD, Jungian psychotherapist and author. These selections span across his body of work from *The Middle Passage* (1993) to *Prisms* (2021) organized into different topics ranging from the psychological concepts of Carl Jung to the everyday tasks of our living and callings. Hollis's wisdom will challenge readers to find their own path, to be who they are called to be, to take the risks to trust their soul, and thus live a life worthy of their unique gifts. Hollis's writings ask us to live a deeper and more authentic life. James Hollis, Ph.D. is a Jungian Analyst in private practice in Washington, DC. Originally a Professor of Humanities, he is the former Director of the Houston Jung Center and the Washington, D.C. Jung Society. He is Vice-President emeritus of the Philemon Foundation, author of seventeen books, and a frequent public speaker. He lives with his wife Jill, a retired therapist and painter, and together they have three living children.