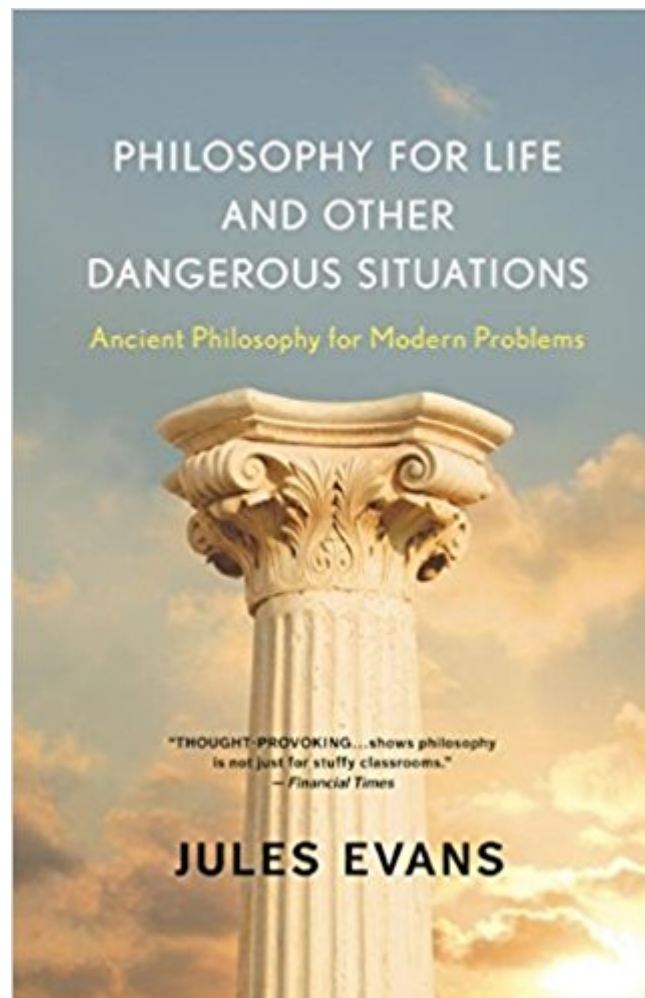




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# Philosophy For Life And Other Dangerous Situations: Ancient Philosophy For Modern Problems



## Synopsis

When philosophy rescued him from an emotional crisis, Jules Evans became fascinated by how ideas invented over two thousand years ago can help us today. He interviewed soldiers, psychologists, gangsters, astronauts, and anarchists and discovered the ways that people are using philosophy now to build better lives. Ancient philosophy has inspired modern communities – Socratic cafés, Stoic armies, Epicurean communes – and even whole nations in the quest for the good life. This book is an invitation to a dream school with a rowdy faculty that includes twelve of the greatest philosophers from the ancient world, sharing their lessons on happiness, resilience, and much more. Lively and inspiring, this is philosophy for the street, for the workplace, for the battlefield, for love, for life.

## Book Information

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## Customer Reviews

‘Thought-provoking...shows philosophy is not just for stuffy classrooms.’ – *Financial Times*

‘This wonderful book shows how modern psychology is consistent with the best that was thought in the ancient world. It is also beautifully written.’ – Lord

Richard Layard, author of *Happiness: Lessons from a New Science*

‘A brilliant and timely book.’ – Tom Hodgkinson, author of *The Freedom Manifesto*

‘A revelation.’ – Alexander Linklater, *The Observer*

‘Unputdownable!’ – Kristján Kristjánsson

Jules Evans writes for publications including The Wall Street Journal and The Times of London, gives popular talks on practical philosophy, and runs the Well-Being Project at Queen Mary, University of London. He lives in London.

Evans does a wonderful job of explaining many different philosophical ideas from ancient Stoicism to modern Cognitive Behavioral Therapy and shows how they are relevant today. He's clearly at the forefront of the philosophical revival and folds in the latest thinking about cognitive neuroscience, evolutionary psychology, and modern philosophy to show how ancient concepts are still relevant today and how they can improve your understanding of the world and your quality of life. This is the first book I've ever read twice in a row. As soon as I finished it, I started over and still got a lot out of it the second time through. There are not many books you can say that about! I found myself wishing the book was twice as long because the topics are so fresh and interesting. I was disappointed when I reached a chapter end because each section was so enjoyable to read and then contemplate. I hope there is a follow-up book coming soon.

This is my first review ever on , but I felt compelled to write because I enjoyed this book so much. Evans has really succeeded in presenting ancient philosophy as something accessible and useful to us all. Philosophy has this stuffy, pompous connotation to it, but after reading this book I felt as if a whole different world had opened right before me. As a business major, I consider this the philosophy class I never had. Evans also has a fairly positive attitude about humans and our ability to be resilient and change ourselves, which I found personally uplifting. Overall, an educational, inspiring book that I will refer back to for years to come. Hope he writes another one soon!

Thank you Mr. Evans for expertly weaving together the essence of great thinkers, historical and modern, along with some of your own insights and life experience. Perhaps beliefs and ideas are most useful when they are treated like clothes .... Tried on for a period of time and then taken off, run through the laundry and then taken out again at an appropriate occasion. Or perhaps a better analogy is that they are like lenses ... Some help see far away, some magnify the unseen microscopic world, and some just help bring what is before us into better focus. Your writing has provided an excellent framework for exploring some of the most critical themes in life. If philosophy can be seen as a type of a medicine for the soul, then this book has tremendous healing potential. For sure I will keep this as a go to reference source as I continue to reflect upon what you have shared.

Evans manages to capture both the common instincts and disparate ideas of 'the ancients.' The book nicely illustrates the enduring influence of Greek thought, without engaging in hero worship or traditionalism. And it is eminently practical throughout. There are no abstract intellectual constructs to be found inside this book, just deeply thoughtful responses to life struggles that might arise in any age.

So often I think we feel like we're going through life on our own. That the issues and troubles we face are unique to us. But that's not really the case. Philosophers have been asking life's questions for millenia, and many of their answers can help us in the modern world today. I enjoyed Jules Evans book. He presents an interesting juxtaposition between the knowledge of the ancients, and the knowledge of the Right Now. I highly recommend this book for an introduction to greek philosophy, as well as a self-help manual for the modern age.

This is the first book I have read on ancient philosophy so it's hard to know what I don't know but overall it was a great first book to read on the topic as it outlines and informs you of the teaching did the ancient philosophers and does so in a way that is more matter of fact and not opinion. I really enjoyed it and if it wasn't for me wanting to read more on the subject and get different opinions I would read it again right now.

What a really thorough examination of Ancient thought, written in accessible language! My feeling is the author has successfully tried to bring Philosophy out of the abstract academic world where it largely resides, and to show readers that the Ancient Philosophers were part of society and had a profound impact on it. If you want to know more about the Stoic life or how to go about arguing for Scepticism in the pub or cafe, then this is the book for you. At a rough count, I reckon I have over a hundred philosophy books, and this book by Jules Evans, must be one of my favourites.

I will give five stars because this is a well rounded book . The author Jules Evans reviews each philosophy by their creator , stating the positives and the negatives with unbiased opinions of all . As a result , you get to choose which philosophy works for you. Or you can take tidbits from each philosophy and combine them into one. I especially loved the chapter on stoicism and how to control you emotions .

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