



Stoizismus heute (German Edition)

Patrick Ussher

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Von stoischer Ethik zu Emotionen, von stoischen Bürgermeistern und Achtsamkeit zu praktischer Philosophie, Elternschaft, Psychotherapie und Gefängnissen, von Star Trek und Sokrates zu stoischen Rechtsanwälten, Literatur und dem Leben im Allgemeinen, dieses Buch vereint eine umfassende Sammlung von Reflexionen zu Möglichkeiten der stoischen Lebensweise in der heutigen Zeit. Sie finden Ratschläge zur Bewältigung von Widrigkeiten, Reflexionen zum Glück und guten Leben und eindrucksvolle persönliche Zeugnisse der Umsetzung des Stoizismus in die Praxis. Sie lesen aber auch über die Zusammenhänge zwischen Stoizismus und Psychotherapie, Stoizismus und Achtsamkeitsmeditation und die unerwarteten Orte, an denen der Stoizismus in der modernen Kultur erscheinen kann. Dieses Buch ist sowohl für Akademiker als auch Nicht-Akademiker von Interesse und stellt die vielfältigen Möglichkeiten dar, wie die 2.300 Jahre alte Philosophie als Lebensstil für die Anliegen und Bedürfnisse der heutigen Zeit relevant bleibt.

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