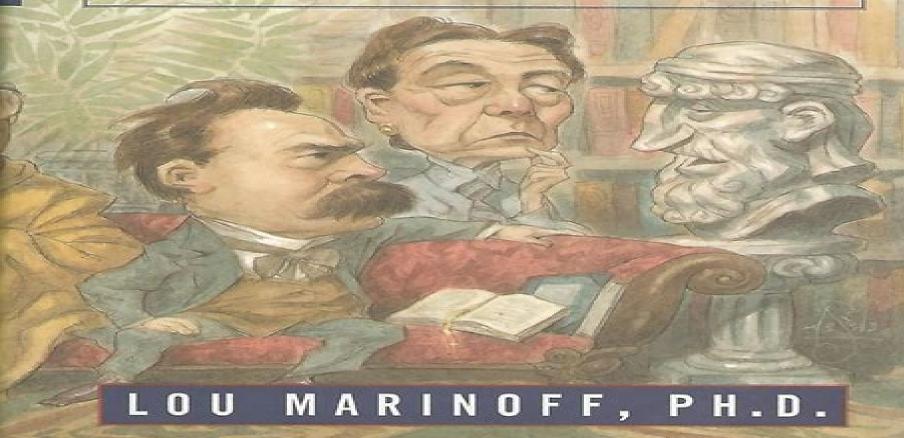


APPLYING PHILOSOPHY TO EVERYDAY PROBLEMS



# Plato Not Prozac Applying Philosophy To Everday Problems

**Ora Gruengard** 

#### Plato Not Prozac Applying Philosophy To Everday Problems:

Plato, Not Prozac! Lou Marinoff, 2012-08-07 Philosophy professor Lou Marinoff Ph D offers eternal wisdom to help cope with everyday problems in Plato Not Prozac You don't need a prescription for this mind opening possibly life altering book The Thinking person's guide to understanding yourself Cleveland Plain Dealer If you re facing a dilemma whether it's handling a relationship living ethically dealing with a career change or finding meaning in life the world's most important thinkers from centuries past will help guide you toward a solution compatible with your individual beliefs From Kirkegaard s thoughts on coping with death to the I Ching's quidelines on adapting to change Plato Not Prozac makes philosophy accessible and shows you how to use it to solve your everyday problems Gone is the need for expensive therapists medication and lengthy analysis Clearly organized by common problems to help you tailor Dr Lou Marinoff's advice to your own needs this is an intelligent effective and persuasive prescription for self healing therapy that is giving psychotherapy a run for its money Philosophy to Marinoff is the Lava bar of intellect meant to be used every day down to the nub San Francisco Examiner Plato Not Prozac looks to become the bible of the philosophical counseling movement Philadelphia Inquirer Magazine The ancient thinkers often characterized philosophy as medicine for the soul Marinoff provides a generous dose throughout these lively pages I highly recommend it Tom Morris Ph D author of Plato s Lemonade Stand *Prozac!* Lou Marinoff, PhD,1999-07-07 There was a time when philosophy meant something to ordinary people and philosophers ideas were put to good use Socrates spent his days debating vital issues in the marketplace and Lao Tzu applied his own advice on following the subtle path to personal happiness and social harmony Now as a new millennium dawns a unique movement called Philosophical Counseling has emerged to return philosophy to its classical roots by combining wisdom and practice to help people solve their most common everyday problems Call it therapy for the sane As the leading proponent of this field philosopher Lou Marinoff Ph D shows us that the road to a successful fulfilling life begins with a simple choice Plato Not Procac When people come to see Dr Marinoff they do not get endless discussions about their childhoods quick prescriptions for antidepressants or tedious analyses of their behavior patterns Instead they learn how the ideas of the world's greatest thinkers can shed light on the way they live from Kierkegaard's thoughts on coping with death and Kant's theory of obligation to the I Ching's guidelines on adapting to change and Aristotle's advice to pursue reason and moderation Dr Marinoff brings philosophy out of the ivory tower and directly into our lives and the dilemmas we all face including handling love relationships living ethically dealing with career changes being a good parent coping with loss and finding meaning and purpose Plato Not Prozac explains how insights from diverse wisdom traditions can be used to help you help yourself to a better life The issue is not just how you live but how well you live With the right philosophy at the right time you can enhance or regain that wellness The book is filled with case studies drawn from the experiences of leading philosophical counselors that demonstrate the effectiveness of philosophy in helping people feel better think better and live

better Dr Marinoffs signature five step PEACE process shows you how to identify your problem P express your emotions constructively H analyze your options A contemplate a philosophy that helps you choose and live with your best option C and renew your personal equilibrium E A wonderful resource tool Plato Not Prozac also offers an extensive list of philosophical practitioners and organizations as well as a detailed hit parade featuring sixty of the more important and influential philosophers Dr Marinoff also gives you a glimpse of the rapid growth of this movement in describing philosophers caf s the coporate philosopher and other ways in which philosophy the world's second oldest profession is making a global comeback and influencing people everywhere Intelligent accessible and utterly persuasive Plato Not Prozac is a groundbreaking alternative to traditional therapies and an indispensable guide to living a healthy rewarding life It's available over the counter no prescription necessary Everyone has a philosophy of life but few of us have the privilege or leisure to sit around and puzzle out the fine points We tend to make it up as we go along Experience is a great teacher but we also need to reason about our experiences. We need to think critically looking for patterns and putting everything together into the big picture to make our way through life Understanding our own philosophy can help prevent resolve or manage many problems Our philosophies can also underlie the problems we experience so we must evaluate the ideas we hold to craft an outlook that works for us not against us You can change what you believe in order to work out a problem and this book will show you how What Philosophy Is Havi Carel, David Gamez, 2004-03-10 What do we mean when we talk about from Plato Not Prozac philosophy today How does philosophy relate to science to politics to literature What methods does the modern philosopher use and how does philosophy progress Does philosophy differ from place to place What can philosophy do for us And what can it not do This book with contributions from such exciting and influential contemporary philosophers as Simon Blackburn Michael Friedman Simon Critchley and Manuel DeLanda offers us a fascinating picture of the character and methods of philosophy its possibilities and its limitations And of course it is itself a piece of philosophy in action not merely offering us answers but also prompting us to ask further questions and to philosophise for ourselves **The Big Ouestions** Lou Marinoff, 2009-09-07 Professor Lou Marinoff's first book drew on the wisdom of the great philosophers to solve our everyday problems launching a movement that restored philosophy to what it once was useful in all walks of life Now in The Big Questions he takes the concept to the next level applying centuries of philosophy and great literature to answer central questions of modern existence Urging us not to accept victimhood as the by product of modern life Professor Marinoff uses specific case studies from his counseling practice to show how wisdom from the great thinkers can help us define our own philosophy and thereby reclaim our sense of well being He asks and answers questions that go to the heart of the human condition How do we know what is right How can we cope with change Why can t we all get along And most centrally how can we use the centuries of wisdom that have come before us to help us answer these questions and feel at ease in the world Accessible entertaining and profoundly useful The Big Questions mixes wisdom from the great thinkers with specific case

studies to illuminate how a shift in perspective can truly be life changing Lou Marinoff is the author of the international hit Plato Not Prozac which has been published in twenty languages A professor of philosophy at the City College of New York Marinoff is also the founding president of the American Philosophical Practitioners Association Praise for Plato Not Prozac What exactly is philosophical practice Marinoff calls it therapy for the sane In a nutshell it s using the 2 500 year old tradition of philosophy to solve everyday problems like work relationship and family issues It s a return to what philosophy was meant to be a guideline for a way of life Salon Com Plato Not Prozac looks to become the bible of the philosophical counseling movement Philadelphia Inquirer Magazine The ancient think Philosophy for Life: Teach Yourself Mel Thompson, 2017-10-05 Philosophy For Life is the definitive introduction to the history of Western thought but more than that it is a toolkit for using philosophy in your daily life As you read you will develop your own critical and creative thinking exploring the key ideas in Western Philosophy and the arguments that continue to shape our world You will discover what philosophy is really about learn to be a sceptic meet Plato and Aristotle explore the concept of mind question free will use philosophy to be happy find out about Marx and materialism see how philosophy relates to everything from comics to coffee and ask whether god exists Philosophy is a life tool a set of skills for engaging with any subject and in Philosphy For Life you will discover a body of wisdom and a way to develop your own critical and creative thinking ABOUT THE SERIES People have been learning with Teach Yourself since 1938 With a vast range of practical how to guides covering language learning lifestyle hobbies business psychology and self help there s a Teach Yourself book for whatever you want to do Join more than 60 million people who have reached their goals with Teach Yourself and never stop learning Dare to Inquire Bruce I. Kodish,2003 The Therapy for the Sane Lou Marinoff, 2004-04-24 The philosopher who helped restore his discipline to practical applications shows readers how the search for the big questions can alter a person s life forever and illuminate the mysteries of the human condition Originally published as The Big Questions Reprint 15 000 first printing Philosophical Health Luis de Miranda, 2023-12-28 Bringing together leading international and interdisciplinary scholars this ground breaking volume examines the theory and practice of philosophical health in contemporary contexts of care broadly understood care for the self care for the other and care for the world But what do we mean by philosophical health Whilst this book does not seek to provide a normative definition as it explores disparate perspectives and encourages pluralism in philosophical ways of life one may envision philosophical health as a state of creative coherence between a person s or a group s way of thinking and their way of acting such that the possibilities for a good life are increased and the needs for flourishing satisfied An idea central to philosophical health is the concept of possibility Without a sense of self possibility and openness to the future health loses meaning and conversely pathologies are defined by various kinds of impossibilities As such philosophical health reconsiders care as a process of cultivating or pruning the compossible in embodied psychological and social terms of allowing things to regenerate or in some cases to vanish Drawing on the history of philosophy

phenomenology new materialism post colonialism but also a wide range of contemporary approaches to philosophical practice Philosophical Health sheds light on the understudied philosophical dimension of care and the healing dimension of philosophizing Advocating philosophy as a lived practice it uncovers the increasing relevance of philosophical health to contemporary debates on well being well belonging counselling and development Ludic Ubuntu Ethics Mechthild Nagel, 2022-11-30 Ludic Ubuntu Ethics develops a positive peace vision taking a bold look at African and Indigenous justice practices and proposes new relational justice models Ubuntu signifies shared humanity presenting us a sociocentric perspective of life that is immensely helpful in rethinking the relation of offender and victim In this book Nagel introduces a new theoretical liberation model ludic Ubuntu ethics to showcase five different justice conceptions through a psychosocial lens allowing for a contrasting analysis of negative Ubuntu eg through shaming and separation towards positive Ubuntu eg mediation healing circles and practices that no longer rely on punishment Providing a novel perspective on penal abolitionism the volume draws on precolonial pre carceral Indigenous justice perspectives and Black feminism using discourse analysis and a constructivist approach to justice theory Nagel also introduces readers to a post secular turn by taking seriously the spiritual dimensions of healing from harm and highlighting the community s response Spanning disciplinary boundaries and aimed at readers seeking to understand how to move beyond reintegrative shaming and restorative justice theories the volume will engage scholars of criminology philosophy and law and more specifically penal abolitionism social ethics peace studies African studies critical legal studies and human rights It will also be of great interest to practitioners and activists in restorative justice mediation social work and performance studies Women in Philosophical Counseling Luisa de Paula, Peter Raabe, 2015-04-23 With contributions from eighteen professional women counselors from twelve different countries this book is the first to provide an overview of new born philosophical practices from an entirely female perspective It gives voice to women s thoughts and brings to the reader a living portrait of philosophy as a service to people and a training for those in search of a fully lived existence As the authors draw on first hand experience their philosophical analyses intertwine with changes in attitudes and real life stories unearthing that forgotten soul of philosophical thought which our ancestors referred to as the Anima The book provides a lively sprightly and vivacious picture of how philosophy is used in practice a long way from the rigidness and stereotypical severity of its traditional image It will not fail to inspire readers to live their thoughts and think their lives The Essence of Teaching Social Studies James A. Duplass, 2020-09-30 Designed for use in elementary and secondary social studies education courses this book supports the teaching of social studies methods in a range of educational settings By highlighting long standing content and principles of social studies education in a concise and direct way this volume offers the building blocks of a comprehensive course for use as springboards to the effective presentation of professors desired course emphases With sections on foundations subject areas and best practices this text explains the intersection between the modelling role of social studies teachers as

democratic citizens social studies fields of study and strategies implemented in the classroom to encourage students critical thinking and values formation Difficult People Barry Winbolt, 2002 We all have to deal with difficult behaviour our own and other people s from time to time Mostly we manage well but now and again we run into someone who just doesn t do things by the same rules This book will give you new insights into those relationships that cause so much anguish stress and lost time It is a practical guide to help to handle those nasty situations that obstruct us at work interfere with our sleep and Advanced Techniques for Counseling and Psychotherapy Christian Conte, 2009-06-15 This is a superb book rich in understanding of human behavior and creative in helping clients grow and change If you aspire to be great in this profession you will use up a highlighter on this book Kevin Elko PhD Author of The Pep Talk and True Greatness It is rare for a book in counseling to enlighten its readers and enable them to see the profession themselves and their clients in an original enhanced and productive way Conte is a master storyteller a clear communicator an innovative thinker and a creative therapist Samuel T Gladding PhD Chair and Professor Department of Counseling Wake Forest University This book presents advanced techniques concepts and models that have proven to be both practical and readily usable for counselors who work with individuals couples families and children Dr Conte provides in depth coverage of a wide array of therapies including metaphor creative projective and classic This collection of advanced creative techniques each accompanied with detailed case studies will prove useful for both health professionals and counseling students Key Features Provides guidelines for some of the basics such as active listening empathizing self disclosure and dealing with resistance Guidelines for using classic techniques include Adler's Push Button technique the ABC Model and eye integration therapy Includes introductions to the author's original models such as the Five Errors of Communication and the Four C s of Parenting Using lucid engaging prose this book contains all the essential creative and advanced techniques that every counselor **The Transpersonal** John Rowan, 2013-12-19 In this new edition of The psychotherapist and educator should know Transpersonal John Rowan takes account of the growing interest in spirituality assessing the many new developments in the field and providing an essential overview of the multitude of guides now available on the subject By providing a clear and highly readable introduction to the realm of the transpersonal this book eliminates many of the misunderstandings that plague this area It relates the transpersonal to everyday life as well as to professional concerns and the various schools of therapy Divided into three parts Being Doing and Knowing it encourages the reader to explore the levels of consciousness the techniques involved in transpersonal work and the underlying theory The unique relationship between the therapist and client is examined in detail as are the imagined and imaginal world personal mythology and transcultural work An entirely new section is included on the ways in which the transpersonal therapist can use the concept of subpersonalities This fully updated and revised version of John Rowan's original pioneering text provides a highly practical guide which will be useful to anyone working with the growing number of people with spiritual concerns The Challenge of Dialogue Jens Peter

Brune, Horst Gronke, Dieter Krohn, 2010 The twelfth volume of the Series on Socratic Philosophizing reflects the international discussion on Socratic philosophizing within a global perspective This volume throws light on the challenges Socratic Dialogue and other forms of dialogue face in different political systems and cultures The following sub topics are discussed the development of the theory and the practice of Socratic Dialogue examples of dialogues practised in different political systems and the role of dialogue in mutual understanding within and between different cultures and in the political and A Companion to Public Philosophy Lee McIntyre, Nancy McHugh, Ian Olasov, 2022-04-19 The first anthology devoted to the theory and practice of all forms of public philosophy A Companion to Public Philosophy brings together in a single volume the diverse practices modalities and perspectives of this rapidly growing field Forty two chapters written by established practitioners and newer voices alike consider questions ranging from the definition of public philosophy to the value of public philosophy to both society and philosophy itself Throughout the book philosophers offer insights into the different publics they have engaged the topics they have explored the methods they have used and the lessons they have learned from these engagements The Companion explores important philosophical issues concerning the practice of philosophy in the public sphere how public philosophy relates to advocacy philosophical collaborations with political activists locations where public philosophy can be done and more Many essays highlight underserved topics such as effective altruism fat activism trans activism indigenous traditions and Africana philosophy while other essays set the stage for rigorous debates about the boundaries of public philosophy and its value as a legitimate way to do philosophy Discusses the range of approaches that professional philosophers can use to engage with non academic audiences Explores the history and impact of public philosophy from the time of Socrates to the modern era Highlights the work of public philosophers concerning issues of equity social justice environmentalism and medical ethics Covers the modalities used by contemporary public philosophers including film and television podcasting internet memes and community engaged teaching Includes essays by those who bring philosophy to corporations government policy consulting American prisons and activist groups across the political spectrum A Companion to Public Philosophy is essential reading for philosophers from all walks of life who are invested in and curious about the ways that philosophy can impact the public and how the public can impact philosophy It is also an excellent text for undergraduate and graduate courses on the theory and practice of public philosophy as well as broader courses on philosophy normative ethics and comparative and world philosophy Cultivating Reasonableness in Education Marella Ada V. Mancenido-Bolaños, Cathlyne Joy P. Alvarez-Abarejo, Leander Penaso Marquez, 2023-09-19 This book focuses on the real world application of the Philosophy for with Children P4wC pedagogy to cultivate reasonableness in individuals through communities of philosophical inquiry It presents a collection not only of theories but more importantly of experiences discoveries and innovations on P4wC by scholars trainers advocates and practitioners around the world Each chapter provides readers with insights and lessons that have resulted from the

continuous application exploration and enrichment of the concepts principles and practices that were developed by Matthew Lipman and Ann Margaret Sharp into what P4wC is today a dialogic pedagogical approach that may just be what is needed at a time when reasonableness and dialogue are essential to maintaining global stability and progress In this light this book also looks into how the P4wC approach can be practiced with adults such as when it is employed in various settings or contexts such as in business consulting textbook writing peace education and extremism prevention among others Furthermore this book also features chapters that discuss how the P4wC pedagogy can be beneficial once integrated into processes such as classroom teaching teacher education bioethics and employee education This book provides valuable insights about how reasonableness that is cultivated through building communities of philosophical inquiry in education can be a powerful tool for nation building and social transformation **Philosophy in Philosophical Counseling** Ora Gruengard, 2023-07-25 Philosophy in Philosophical Counseling Unasked Questions Open Answers offers a base for criticizing approaches to philosophical counseling that fail to be philosophical or relevant to the counselees concerns It analyses the impact of tacit unexamined philosophical assumptions and examines their influence on the search for solutions while explaining how such assumptions may obstruct that search Ora Gruengard argues that conversations in which the participants disagree with each other are the adequate context for calling tacit assumptions into question and exploring alternatives Her research shows how philosophical assumptions change in informal conversations and illuminates their important role in education religious guidance and psychological treatments Nevertheless philosophical issues are best dealt with in explicit philosophical dialogues in which counselees are respected as philosophical partners who are encouraged to think critically and make their own judgments This book addresses counselors dilemmas by presenting examples of hypothetical counseling conversations and true sessions with real people Gruengard also discusses what kind of philosophical knowledge and expertise is necessary Problems of Living Dan J. Stein, 2021-05-11 Problems of Living Perspectives from Philosophy for doing the job adequately Psychiatry and Cognitive Affective Science addresses philosophical questions related to problems of living including questions about the nature of the brain mind reason and emotion happiness and suffering goodness and truth and the meaning of life It draws on critical pragmatic and embodied realism as well as moral naturalism and brings arguments from metaphysics epistemology and ethics together with data from cognitive affective science This multidisciplinary integrated approach provides a novel framework for considering not only the nature of mental disorders but also broader issues in mental health such as finding pleasure and purpose in life Draws on the strongest aspects of polar positions in philosophy and psychiatry to help resolve important perennial debates in these fields Explores continuities between early philosophical work and current cognitive affective sciences including neuroscience and psychology Employs findings from modern cognitive affective science to rethink key long standing debates in philosophy and psychiatry Builds on work showing how mind is embodied in the brain and embedded in society to provide an integrated conceptual framework Assesses both the

Thinking Critically: What Does It Mean? Dariusz Kubok,2017-11-07 Analyses of the dynamics of change present in Europe are not complete without taking into account the role and function of the critical approach as a founding element of European culture An appreciation of critical thinking must go hand in hand with reflection on its essence forms and centuries long tradition The European philosophical tradition has thematized the problem of criticism since its appearance This book contains articles on the history of philosophical criticism and ways that it has been understood in European thought Individual chapters contain both historical philosophical and problem oriented analyses indicating the relationships between philosophical criticism and rationalism logic scepticism atheism dialectic procedure and philosophical counseling among others Philosophical reflection on critical thinking allows for an acknowledgment of its significance in the fields of epistemology philosophy of politics aesthetics methodology philosophy of language and cultural theory The book should interest not only humanities scholars but also scholars in other fields as the development of an anti dogmatic critical approach is a lasting and indispensible challenge for all disciplines

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