



The Big Questions: How Philosophy Can Change Your Life

By Lou Marinoff

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The Big Questions: How Philosophy Can Change Your Life By Lou Marinoff

From the author of the international bestseller *Plato Not Prozac!*, a vital guide to the art of living.

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.

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Editorial Review

Review

"Lou Marinoff is a fellow pilgrim, always ready to tell the story that hasn't been told, always ready to take the risks that haven't been taken."-Paulo Coelho, author of *The Alchemist*

"Bracing, bold, expansive, easy to understand, companionable, and dare I say it, highly therapeutic."-Phyllis Chesler, Ph.D., author of *Woman's Inhumanity to Woman*

"This is therapy for the thoughtful."-Arlene Getz, *Newsweek*

"One of the prime movers behind the contemporary phenomenon of philosophical counseling."-Tom Morris, Ph.D., author of *Philosophy for Dummies* and *The Art of Achievement*

"Guiding the reader through the finest work of the human mind. Problem-solving becomes an uplifting adventure."-Laura Huxley, author of *You Are Not the Target* and *This Timeless Moment*

"A must-read, *Therapy for the Sane* shows that philosophy is as essential to a healthy mind as food and water are to a healthy body."-William Irwin, Ph.D., editor of *The Matrix and Philosophy*

From the Publisher

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*

"*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 *Philosophy for Dummies*

About the Author

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.

Users Review

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Gale Taylor:

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