



Philosophy as a Way of Life: Spiritual Exercises from Socrates to Foucault

By Pierre Hadot

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This book presents a history of spiritual exercises from Socrates to early Christianity, an account of their decline in modern philosophy, and a discussion of the different conceptions of philosophy that have accompanied the trajectory and fate of the theory and practice of spiritual exercises. Hadot's book demonstrates the extent to which philosophy has been, and still is, above all else a way of seeing and of being in the world.

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Philosophy as a Way of Life: Spiritual Exercises from Socrates to Foucault By Pierre Hadot Bibliography

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Editorial Review

Review

"Hadot's essays exhibit impressive scholarship and a habit of profound reflection. This is not a book for the casual reader but it is an important publication and should be a required text for every student of philosophy, classics and the history of ideas, and for any serious teacher of these subjects." *The Tablet*

"Hadot's work is very engaging, knowledgeable, well written and insightful. I highly recommend this book for both general and professional readers." *Richard S. Findler, Phil dept, Slippery Rock University for the History of European Ideas*

"Recommended for upper-division undergraduates, graduate students, and faculty." *H. L. Shapiro, University of Missouri for Choice*

Language Notes

Text: English (translation)

Original Language: French

From the Back Cover

Pierre Hadot is arguably one of the most influential and wide-ranging historians of ancient philosophy writing today. As well as having an important influence on the work of Michel Foucault, Hadot's work has been pivotal in the development of contemporary French philosophy. His work is currently concerned with a redefinition of modern philosophy through a study of ancient life and ancient philosophical texts.

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From reader reviews:

Cheryl Fenske:

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