

The Little Book Of Philosophy Andre Comte Sponville

"In twelve brilliant, concise essays, Andre Comte-Sponville introduces twelve central philosophical concepts in the terms that we all use the words, and in which philosophers from Plato and Aristotle onwards have explored them: Morality, Politics, Love, Death, Knowledge, Liberty, God, Atheism, Art, Time, Man and Wisdom. Preludes to Philosophy is as sparkingly written and as thought-provoking and brilliant as the same author's international bestseller, A Short Treatise on the Great Virtues.

Designed as a cover to cover read which leaves the reader with a working knowledge of the human brain from its first evolution 2 billion years ago to the present day. A light-hearted look at the brain aimed at a lay audience. It especially focuses on the neurobiology of emotional intelligence and in many ways is the neurobiological explanation of why emotional intelligence is so important to health, wealth and happiness.

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The secrets behind the world's most beautiful skin! It all starts with your skin! In Korea, healthy, glowing skin is the ideal form of beauty, achievable by anyone—and this skin-first philosophy has taken the world by storm. In The Little Book of Skin Care, Charlotte Cho of leading beauty and lifestyle website Soko Glam guides you through the celebrated Korean ten-step skin-care routine—and far beyond—for the clearest and most radiant skin of your life, with step-by-step tutorials, skin-care tips, advice on products at all price levels, and exclusive interviews with beauty experts around the world. You'll love pampering your skin at home and learning the secrets behind the "no-makeup makeup" look we've seen and admired on women in the streets of Seoul. With the knowledge of an expert and voice of a trusted friend, Charlotte's personal tour through Korean beauty culture will help you find joy in the everyday beauty routines that will transform your skin.

Relax, unwind and soak up the wisdom of the sloth with the slowest page turner you'll ever read. From tidying and Hygge, to living Lagom, the endless pressure to be happier, live better, sleep soundly, and eat mindfully can be exhausting. But this year's lifestyle trend finally delivers the perfect antidote - welcome to the year of the sloth. Sloths are mindfulness in action. Contemplative, deliberate, relaxed, and focused. They resist the rat race, the incessant pressures from society to be more productive, and they don't care how many steps they've logged on their fitness tracker. Long-limbed, a little bit shaggy, and a lot wide-eyed, they're wonderful creatures, not to mention completely adorable. Here you can enjoy take-it-slow wisdom inspired by sloths; including advice on sleep (more restorative than a 6am run), eating and 'exercise' (sloths are the original pioneers of slow food and yoga after all), work (did you know that lazy people have higher IQs?), family life, and love. Dispelling over-complicated myths about productivity, this brilliant book confirms that it really is OK to be a sloth.

Among the Greeks and Romans of the classical age philosophy occupied the place taken by religion among ourselves. Their appeal was to reason not to revelation. To what, asks Cicero in his Offices, are we to look for training in virtue, if not to philosophy? Now, if truth is believed to rest upon authority it is natural that it should be impressed upon the mind from the earliest age, since the essential thing is that it should be believed, but a truth which makes its appeal to reason must be content to wait till reason is developed. We are born into the Eastern, Western or Anglican communion or some other denomination, but it was of his own free choice that the serious minded young Greek or Roman embraced the tenets of one of the great sects which divided the world of philosophy. The motive which led him to do so in the first instance may have been merely the influence of a friend or a discourse from some eloquent speaker, but the choice once made was his own choice, and he adhered to it as such. Conversions from one sect to another were of quite rare occurrence. A certain Dionysius of Heraclea, who went over

from the Stoics to the Cyrenaics, was ever afterward known as "the deserter." It was as difficult to be independent in philosophy as it is with us to be independent in politics. When a young man joined a school, he committed himself to all its opinions, not only as to the end of life, which was the main point of division, but as to all questions on all subjects. The Stoic did not differ merely in his ethics from the Epicurean; he differed also in his theology and his physics and his metaphysics. Aristotle, as Shakespeare knew, thought young men "unfit to hear moral philosophy". And yet it was a question—or rather the question—of moral philosophy, the answer to which decided the young man's opinions on all other points.

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THE SUNDAY TIMES BESTSELLER We all want to lead a happy life. Traditionally, when in need of guidance, comfort or inspiration, many people turn to religion. But there has been another way to learn how to live well - the humanist way - and in today's more secular world, it is more relevant than ever. In THE LITTLE BOOK OF HUMANISM, Alice Roberts and Andrew Copson share over two thousand years of humanist wisdom through an uplifting collection of stories, quotes and meditations on how to live an ethical and fulfilling life, grounded in reason and humanity. With universal insights and beautiful original illustrations, THE LITTLE BOOK OF HUMANISM is a perfect introduction to and a timeless anthology of humanist thought from some of history and today's greatest thinkers.

Another little magical book from D. J. Conway-only this one really swings.

Otters are some of the most delightful animals on the planet. These long, lean, furry creatures embody pure joy in so many ways:What other species builds water slides for fun?Or holds hands with their friends just because?Or wraps themselves in seaweed so they can nap without floating away?These intelligent, water-dwelling mammals are not only an essential part of the world's ecosystem (not to mention YouTube's ecosystem), but they have a lot to teach us about the way we live life.

If you want to know your Socrates from your Sartre and your Confucius from your Kant, strap in for this whirlwind tour of the highlights of philosophy. Including accessible primers on: The early Ancient Greek philosophers and the 'big three': Socrates, Plato and Aristotle Key schools of philosophy and their impact on modern life Insights into the main questions philosophers have explored over the years: Who am I? What is the meaning of life? Do I have free will? Practical applications for the theories of Descartes, Kant, Wollstonecraft, Marx, Nietzsche and many more. This illuminating little book will introduce you to the key thinkers, themes and theories you need to know to understand how human ideas have sculpted the world we live in and the way we think today.

This book will allow anyone who lives or works with children with Autism to see the world as they do, and develop strategies for managing and understanding it effectively. It peers through the "Autism lens", allowing us to effect change in terms of the way we deal with autism as a society and in education. It delivers evidence-based support and strategies that enable us to develop young people's abilities to interact with the social world, removing much of the anxiety that often accompanies it.

An introduction to philosophy covers ten major movements and provides biographical profiles of fifty of the most influential philosophical thinkers.

The Little Book of Values explores twenty-two values that can be taught through schools and indeed the whole community. The book will inspire you by using examples of where values are being used by children and adults in schools already and shares practical tools to stimulate discussion and philosophical debate. It will also help people to take stock of their own values and how they wish to lead their.

