



L'arte di vivere. Come la filosofia può insegnarci a vivere. (Italian Edition)

Antonio Santoro

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L'arte di vivere è un manuale di "filosofia pratica" che attraverso gli insegnamenti di Seneca, Epitteto e Marco Aurelio – e di altri pensatori antichi e moderni tra i quali Socrate, Epicuro, Montaigne, Stuart Mill – offre al lettore un percorso di sviluppo personale e di educazione di sé.

Il libro è concepito come un moderno manuale di self-help, corredato di casi concreti, di storie esemplari e di esercizi che consentono di mettere subito in pratica quanto appreso. Accompagnato da maestri straordinari - capitolo dopo capitolo – il lettore impara a diventare padrone di se stesso, a prendere decisioni, a controllare i desideri e le emozioni negative, a vincere le paure, a trattare con gli altri, a godere del nudo piacere di esistere.

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