

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

Pierre Hadot



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