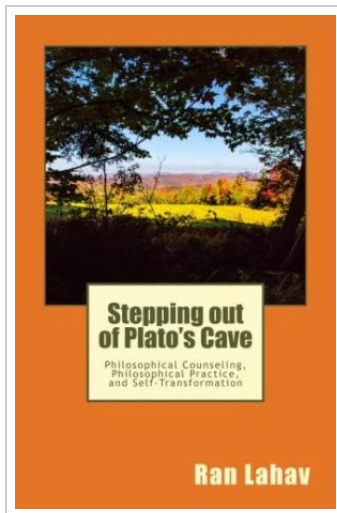




Stepping out of Platos Cave: Philosophical Counseling, Philosophical Practice, and Self-Transformation

By Ran Lahav

Loyev. Paperback. Condition: New. 226 pages. Dimensions: 8.5in. x 5.5in. x 0.5in. As Plato's famous Allegory of the Cave teaches us, philosophy can transform our life and elevate it. It can help us understand the narrow cave in which we are imprisoned and inspire us to step out of it towards greater horizons of human existence. The idea that philosophy can deepen and transform our lives has also been envisioned by other important philosophers throughout the ages: Marcus Aurelius, Rousseau, Nietzsche, and many others. This is also the vision of Philosophical Practice, an international movement of philosophers who believe that philosophy can help us live our life more fully and deeply. Ran Lahav, a major contributor to the development of this field, presents here the approach which he has been developing for more than 20 years. This book discusses the principles of Philosophical Practice and explains how they can be applied in counseling, self-reflection groups, companionships, and the individual's personal search. Many case-studies illustrate the process in an accessible way. This is a complete guide for philosophers, counselors, psychologists, and anybody who wants to take a philosophical journey towards a deeper life. This item ships from multiple locations. Your book may...



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