



Faculty of Arts and Social Sciences
Religious Studies and Theology

Course Reading

Lived Philosophy, Therapy and Spirituality: Perspectives in philosophy of religion on classical and contemporary philosophy

Valid from 06/01/2021

Course Code:	REGLEF
Course Title:	Lived Philosophy, Therapy and Spirituality: Perspectives in philosophy of religion on classical and contemporary philosophy
Credits:	15 ETCS cr
Degree Level:	Undergraduate level

Books

Fiordalis, David V. (2018). *Buddhist Spiritual Exercises: Thinking with Pierre Hadot on Buddhism, Philosophy and the Path*. Berkeley: Mangalam Books

Furedi, Frank (2004). *Therapy Culture: Cultivating vulnerability in an uncertainty age*. London: Routledge

Hadot, Pierre (1995). *Philosophy as a Way of Life*. Oxford: Blackwell Publishing
<https://www.pdfdrive.com/pierre-hadot-philosophy-as-a-way-of-life-spiritual-exercises-from-socrates-to-foucault-1-e41349680.html> (i urval)

Hadot, Pierre (2015). *Vad är antikens filosofi?*. Göteborg: Daidalos

Robertson, Donald (2020). *The Philosophy of Cognitive Behavioural Therapy (CBT): Stoic Philosophy as Rational and Cognitive Psychotherapy*. Oxon: Routledge

Torella, Raffaele (2011). *The Philosophical Traditions of India: An Appraisal*. Varanasi: Indica Books
https://www.academia.edu/31112290/THE_PHILOSOPHICAL_TRADITIONS_OF_INDIA_AN_APPRAISAL

Articles

Koenig, Harold G. (2012). Religion, spirituality, and health: The research and clinical implications. *ISRN psychiatry*, 2012 (Article ID 278730).
<https://www.hindawi.com/journals/isrn/2012/278730/> (33 s.)

Willander, Erika (2009). Vad är 'andlighet' i hypotesen om den andlige revolutionen?. *Religionsvidenskabeligt Tidsskrift*, 2009 (53), p. 35-50. <https://tidsskrift.dk/rvt/article/view/1729>

Books

Broo, Måns (2019). *Yoga-sutra: Patanjalis Yoga-sutra i översättning från sanskrit och med kommentarer av Måns Broo*. Nora: Bokförlaget Nya Doxa

Epictetus (2014). *Discourses, Fragments, Handbook: A New Translation by Robert Hard*. Oxford: Oxford World's Classics

Hadot, Pierre (2001). *The inner Citadel: The Meditations of Marcus Aurelius*. Harvard: Harvard University Press

Marcus Aurelius (2002). *Meditations: A New Translation*. New York: Modern Library

Mayeda, Sengaku (2006). *The Thousand Teachings: The Upadesahasri of Sankara*. Albany: State University of New York

Books

Batchelor, Stephen (2015). *After Buddhism: rethinking the dharma for a secular age*. London: Yale University Press

Irvine, William Braxton, Irvine, William B. (2009). *A guide to the good life: the ancient art of Stoic joy*. Oxford: Oxford University Press

Pigliucci, Massimo (2017). *How to be a stoic: ancient wisdom for modern living*. New York: Basic Books

Andra valbara texter i levd filosofi kan diskuteras med kursledaren.

Approved by the Faculty Board of Arts and Social Sciences 03/26/2021