



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 09/01/2025

Course Code: REGLEF

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

Credits: 15

Degree Level: Undergraduate level

Books

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

Sellars, John (2020). *Lessons in stoicism : what ancient philosophers teach us about how to live*. [London]: Penguin Books Senaste upplagan

Sellars, John (2022). *The Fourfold Remedy: Epicurus and the Art of Happiness*. London: Penguin Books Ltd. Senaste upplagan

Book Chapter

Fiordalis, David V. (2018). Introduction. In Fiordalis (Ed.) (Editor). *Buddhist Spiritual Exercises: Thinking with Pierre Hadot on Buddhism, Philosophy and the Path* () Berkeley: Mangalam Books
https://www.academia.edu/36324288/_Introduction_Buddhist_Spiritual_Practices_Thinking_with_Pierre_Hadot_on_Buddhism_Philosophy_and_the_Path

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 I urval

Articles

Banicki, K. (2014). Philosophy as Therapy: Towards a Conceptual Model. *Philosophical Papers*, 43 (1), p. 7-31.
<https://doi.org/10.1080/05568641.2014.901692>

de Miranda L, Loughlin M (2023). Philosophical health: unveiling the patient's personal philosophy with a person-centred method of dialogue. *Journal of evaluation in Clinical Practice*, 29, p. 1161-1170. doi:10.1111/jep.13871

Sellars, John (2017). What is Philosophy as a Way of Life. *Parrhesia*, 28, p. 40-56.
https://www.parrhesiajournal.org/parrhesia28/parrhesia28_sellars.pdfpdf

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

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

Miranda, Luis de (2024). *Philosophical health : a practical introduction*. London: Bloomsbury Academic

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

Sarbacker, R. Stuart, Kimple Kevin (2015). *The Eight Limbs of Yoga. A Handbook for Living Yoga Philosophy*. New York: North Point Press

Andra valbara texter i levd filosofi kan diskuteras med kursledaren.

