



# The Big Questions: How Philosophy Can Change Your Life

*Lou Marinoff*

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## The Big Questions: How Philosophy Can Change Your Life Lou Marinoff

From the author of the international bestseller *Plato Not Prozac!*, a vital guide to the art of living.

Professor Lou Marinoff's first book drew on the wisdom of the great philosophers to solve our everyday problems, launching a movement that restored philosophy to what it once was: useful in all walks of life. Now, in *The Big Questions*, he takes the concept to the next level, applying centuries of philosophy and great literature to answer central questions of modern existence.

Urging us not to accept victimhood as the by-product of modern life, Professor Marinoff uses specific case studies from his counseling practice to show how wisdom from the great thinkers can help us define our own philosophy, and thereby reclaim our sense of well-being. He asks and answers questions that go to the heart of the human condition: How do we know what is right? How can we cope with change? Why can't we all get along? And, most centrally, how can we use the centuries of wisdom that have come before us to help us answer these questions and feel at ease in the world?

Accessible, entertaining, and profoundly useful, *The Big Questions* mixes wisdom from the great thinkers with specific case studies to illuminate how a shift in perspective can truly be life changing.

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