



Lou Marinoff

Len Sperry



Lou Marinoff:

The Big Questions Lou Marinoff, 2009-09-07 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. Lou Marinoff is the author of the international hit *Plato Not Prozac* which has been published in twenty languages. A professor of philosophy at the City College of New York, Marinoff is also the founding president of the American Philosophical Practitioners Association. Praise for *Plato Not Prozac*: What exactly is philosophical practice? Marinoff calls it therapy for the sane. In a nutshell, it's using the 2,500-year-old tradition of philosophy to solve everyday problems like work, relationship, and family issues. It's a return to what philosophy was meant to be: a guideline for a way of life. *Salon.com*: *Plato Not Prozac* looks to become the bible of the philosophical counseling movement. *Philadelphia Inquirer Magazine*: The ancient think... **Philosophical Practice** Lou Marinoff, 2001-11-08 This book provides a look at philosophical practice from the viewpoint of the practitioner or prospective practitioner. It answers the questions: What is philosophical practice? What are its aims and methods? How does philosophical counseling differ from psychological counseling and other forms of psychotherapy? How are philosophical practitioners educated and trained? How do philosophical practitioners relate to other professions? What are the politics of philosophical practice? How does one become a practitioner? What is APPA Certification? What are the prospects for philosophical practice in the USA and elsewhere? *Handbook of Philosophical Practice* provides an account of philosophy's current renaissance as a discipline of applied practice while critiquing the historical social and cultural forces which have contributed to its earlier descent into obscurity. *Plato, Not Prozac!* Lou Marinoff, 2012-08-07 Philosophy professor Lou Marinoff, Ph.D., offers eternal wisdom to help cope with everyday problems in *Plato Not Prozac*. You don't need a prescription for this mind-opening, possibly life-altering book. The Thinking person's guide to understanding yourself. *Cleveland Plain Dealer*: If you're facing a dilemma, whether it's handling a relationship, living ethically, dealing with a career change, or finding meaning in life, the world's most important thinkers from centuries past will help guide you toward a solution compatible with your individual beliefs. From Kierkegaard's thoughts on coping with death to the I Ching's guidelines on adapting to change, *Plato Not Prozac* makes

philosophy accessible and shows you how to use it to solve your everyday problems Gone is the need for expensive therapists medication and lengthy analysis Clearly organized by common problems to help you tailor Dr Lou Marinoff s advice to your own needs this is an intelligent effective and persuasive prescription for self healing therapy that is giving psychotherapy a run for its money Philosophy to Marinoff is the Lava bar of intellect meant to be used every day down to the nub San Francisco Examiner Plato Not Prozac looks to become the bible of the philosophical counseling movement Philadelphia Inquirer Magazine The ancient thinkers often characterized philosophy as medicine for the soul Marinoff provides a generous dose throughout these lively pages I highly recommend it Tom Morris Ph D author of Plato s Lemonade Stand *The Therapy for the Sane* Lou Marinoff,2004-04-24 The philosopher who helped restore his discipline to practical applications shows readers how the search for the big questions can alter a person s life forever and illuminate the mysteries of the human condition Originally published as The Big Questions Reprint 15 000 first printing **Plato Not Prozac** George Couvalis,2003 **Plato, Not Prozac!** Lou Marinoff, PhD,1999-07-07 There was a time when philosophy meant something to ordinary people and philosophers ideas were put to good use Socrates spent his days debating vital issues in the marketplace and Lao Tzu applied his own advice on following the subtle path to personal happiness and social harmony Now as a new millennium dawns a unique movement called Philosophical Counseling has emerged to return philosophy to its classical roots by combining wisdom and practice to help people solve their most common everyday problems Call it therapy for the sane As the leading proponent of this field philosopher Lou Marinoff Ph D shows us that the road to a successful fulfilling life begins with a simple choice Plato Not Prozac When people come to see Dr Marinoff they do not get endless discussions about their childhoods quick prescriptions for antidepressants or tedious analyses of their behavior patterns Instead they learn how the ideas of the world s greatest thinkers can shed light on the way they live from Kierkegaard s thoughts on coping with death and Kant s theory of obligation to the I Ching s guidelines on adapting to change and Aristotle s advice to pursue reason and moderation Dr Marinoff brings philosophy out of the ivory tower and directly into our lives and the dilemmas we all face including handling love relationships living ethically dealing with career changes being a good parent coping with loss and finding meaning and purpose Plato Not Prozac explains how insights from diverse wisdom traditions can be used to help you help yourself to a better life The issue is not just how you live but how well you live With the right philosophy at the right time you can enhance or regain that wellness The book is filled with case studies drawn from the experiences of leading philosophical counselors that demonstrate the effectiveness of philosophy in helping people feel better think better and live better Dr Marinoffs signature five step PEACE process shows you how to identify your problem P express your emotions constructively H analyze your options A contemplate a philosophy that helps you choose and live with your best option C and renew your personal equilibrium E A wonderful resource tool Plato Not Prozac also offers an extensive list of philosophical practitioners and organizations as well as a detailed hit parade featuring sixty of the more important and influential

philosophers Dr Marinoff also gives you a glimpse of the rapid growth of this movement in describing philosophers caf s the corporate philosopher and other ways in which philosophy the world s second oldest profession is making a global comeback and influencing people everywhere Intelligent accessible and utterly persuasive Plato Not Prozac is a groundbreaking alternative to traditional therapies and an indispensable guide to living a healthy rewarding life It s available over the counter no prescription necessary Everyone has a philosophy of life but few of us have the privilege or leisure to sit around and puzzle out the fine points We tend to make it up as we go along Experience is a great teacher but we also need to reason about our experiences We need to think critically looking for patterns and putting everything together into the big picture to make our way through life Understanding our own philosophy can help prevent resolve or manage many problems Our philosophies can also underlie the problems we experience so we must evaluate the ideas we hold to craft an outlook that works for us not against us You can change what you believe in order to work out a problem and this book will show you how from Plato Not Prozac

In the Agora John Ralston Saul,2006-01-01 A spirited and engaging read In the Agora effectively illustrates how Canadian philosophers have contributed to public discourse and enriched our world It is a collection that is sure to prompt both interest and debate

Therapy for the Sane Lou Marinoff,2020-06-15 Lou Marinoff is a fellow pilgrim always ready to tell the story that hasn t been told always ready to take the risks that haven t been taken Paulo Coelho author of The Alchemist Lou Marinoff is a lively writer who boldly tramples on the constraints of political correctness In an age filled with too many glib how to books Therapy for the Sane is instead a timely and thought provoking exposition on how the wisdom of the great philosophers can help those wrestling with the big questions of life This is therapy for the thoughtful Arlene Getz Newsweek Guiding the reader through the finest work of the human mind Lou Marinoff shows that problems of relationship health and general dissatisfaction can be solved by realizing some of our latent human potentialities Problem solving then becomes an uplifting adventure Laura Huxley author of This Timeless Moment Lou Marinoff is one of the prime movers behind the contemporary phenomenon of philosophical counseling Reading this book is like being a fly on the wall in his private sessions In its pages you ll see the range of pressing questions that bring people to his door and you ll get a good taste of the interesting philosophical guidance he is able to give them Tom Morris Ph D author of The Art of Achievement Professor Lou Marinoff s first book Plato Not Prozac drew on the wisdom of the great philosophers to solve our everyday problems launching a global movement that restores philosophy to what it once was useful in all walks of life In this sequel Therapy for the Sane he takes the concept to the next level applying centuries of philosophy and iconic literature to help answer central questions of modern and postmodern existence Professor Marinoff uses case studies from his philosophical counseling practice to show how wisdom from immortal 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 What is love How can we cope with change Why can t we all get along Lou Marinoff is a professor of philosophy at The

City College of New York and an internationally best selling author He helps individuals groups and organizations manage everyday problems applying wisdom drawn from Western and Asian traditions alike The New York Times called him the world's most successful marketer of philosophical counseling Lou's insights are guaranteed to be thought provoking if not life changing His hobbies include tennis classical guitar and nature photography He is also a former Canadian and US table hockey champion and an ambassador of the sport

Power of Tao Lou Marinoff, 2014-09-16 For over 2 500 years Lao Tzu's philosophy of Tao has helped hundreds of millions of people to attain equanimity and sustain serenity In The Power of Tao Lou Marinoff shows how Tao or the Way can serve as a potent remedy to the stress anxiety and daily challenges of living in our wildly unpredictable and constantly changing world The Power of Tao is a quintessential guide to personal happiness social harmony economic prosperity and political balance A leisurely thoughtful stroll down the path of Lao Tzu with an enlightened engaging and ever lucid guide

The Philosophy Clinic Stephen J. Costello, 2017-01-06 This collection of essays and interviews highlights the modern movement of philosophical practice Taking their cue and call from Socrates summons to know thyself contemporary philosophical counsellors and practitioners have returned to the ancient understanding of philosophy as consolation and contemplation as a life directed to the loving search for wisdom and clarity Socrates and the Stoics continued this tradition seeing philosophy primarily as a practical way of living in alignment with oneself and the logos Thus interpreted philosophy is a path teaches a method more than pronounces a thesis and issues a living praxis devoted to daily spiritual exercises whose aim is nothing less than the transformation of the self a metamorphosis of the personality This conception of philosophy's essence was lost but was later retrieved by certain philosophers such as Viktor Frankl and Ludwig Wittgenstein in the twentieth century who have unleashed and uncovered philosophy's original therapeutic impulse and intent As such this book will prove of inestimable value to philosophers psychologists psychotherapists psychiatrists counsellors clients and students of these disciplines

Purpose Beyond 2012 Wj Reichertz, 2012 Like many Americans Ricky Vogt was searching for a career and purpose during the fallout from America's 2008 economic implosion At the same time the nation was searching to resolve energy environmental and economic problems within a dysfunctional political system This story explains how Vogt joined his fellow Americans as they fought amongst themselves in search of a better vision He questions how community resolves the tension between intolerance and personal liberty between the selfishness of trickle down economics and the ideals of spirituality and our founding documents promoting the common good The book depicts Vogt's evolving search for better solutions and a new way forward

Death within the Text Adriana Teodorescu, 2019-03-13 The book tackles the challenging theme of death as seen through the lens of literature and its connections with history the visual arts anthropology philosophy and other fields in humanities It searches for answers to three questions what can we know about death how is death socialised and how and for which purposes is death aesthetically shaped Unlike many other publications the volume does not endorse the fallacy of over simplifying death by seeing it either

in an exclusively positive light or by reducing it to a purely literary figure Using literature's potential to stimulate critical thinking many contemporary stereotypical configurations of death and dying are debunked and many hitherto unforeseen ways in which death functions as a complex trigger of meaning making are revealed The book proves that death is an inexhaustible source of meanings which should be understood as peremptorily plural discontinuous problematic competitive and often conflictual It offers original contributions to the field of death studies and also to literary and cultural studies

Everything Has Two Handles Ronald Pies, 2008-03-24 In the course of this compact and insightful work Dr Ronald Pies tells us a little about what happiness is and a lot about how to achieve it The first chapter begins with a reminder from the great Roman emperor Marcus Aurelius that things do not touch the soul This explains Pies is the keystone in the arch of Stoic philosophy In a sense then the rest of the book is an extended meditation on how we might avoid letting things touch our souls too much But it is much more than simply a meditation From here Pies goes on to offer readers a well researched often witty explanation of how Stoic philosophy as it resonates not only with Christian and Judaic but also with Buddhist and Hindu worldviews can guide and improve their lives In the process he draws on his own considerable clinical experience to offer composite case vignettes both positive and negative that illustrate the principles he is discussing

From Morality to Mental Health Mike W. Martin, 2006-04-20 Morality and mental health are now inseparably linked in our view of character Alcoholics are sick yet they are punished for drunk driving Drug addicts are criminals but their punishment can be court ordered therapy The line between character flaws and personality disorders has become fuzzy with even the seven deadly sins seen as mental disorders In addition to pathologizing wrong doing we also psychologize virtue self respect becomes self esteem integrity becomes psychological integration and responsibility becomes maturity Moral advice is now sought primarily from psychologists and therapists rather than philosophers or theologians In this wide ranging accessible book Mike W Martin asks are we replacing morality with therapy in potentially confused and dangerous ways or are we creatively integrating morality and mental health According to him it's a little bit of both He surveys the ways in which morality and mental health are related touching on practical concerns like love and work self respect and self fulfillment guilt and depression crime and violence and addictions Terming this integrative development the therapeutic trend in ethics Martin uses examples from popular culture various moral controversies and draws on a line of thought that includes Plato the Stoics Freud Nietzsche and contemporary psychotherapeutic theories Martin develops some interesting conclusions among them that sound morality is indeed healthy and that moral values are inevitably embedded in our conceptions of mental health In the end he shows how both morality and mental health are inextricably intertwined in our pursuit of a meaningful life This book will be of interest to philosophers psychologists psychiatrists and sociologists as well as the general reader

The Sopranos and Philosophy Richard Greene, Peter Vernezze, 2012-03-30 This collection of essays by philosophers who are also fans does a deep probe of the Sopranos analyzing the adventures and personalities of Tony Carmella Livia and the rest of

television's most irresistible mafia family for their metaphysical epistemological value theory eastern philosophical and contemporary postmodern possibilities No prior philosophical qualifications or mob connections are required to enjoy these musings which are presented with the same vibrancy and wit that have made the show such a hit *Transforming Self and Community* Len Sperry, 2002 Offers a holistic approach to spiritual direction and pastoral counseling Philosophy and Psychiatry Thomas Schramme, Johannes Thome, 2012-08-09 Philosophy and psychiatry share many topics and problems For example the solutions of the psychiatry of the philosophical body soul problem have direct effects on the self image of the discipline Despite these obvious overlappings and unlike the English speaking countries interdisciplinary research on philosophical psychopathology has been scarce in Germany The current anthology closes these gaps because the authors renowned experts as well as young scientists whose new approaches open promising perspectives come from both disciplines The individual contributions deal with philosophical debates as they arise within the context of psychiatric theory and practice Thinking Organization Stephen Linstead, Alison Linstead, 2005 Taking a balanced look at the contributions philosophy can make to improve our understanding of organization this book makes a powerful case for the need for a new philosophy of management and organization **Of Mottos and Morals** Mike W. Martin, 2013 Whether in slogans catchphrases adages or proverbs we encounter mottos every day but we rarely take time to reflect on them In *Of Mottos and Morals Simple Words for Complex Virtues* Martin explores the possibility that mottos themselves are worthy of serious thought examining how they contribute to moral guidance and help us grapple with complexity Routledge Handbook on the Philosophy of Meditation Rick Repetti, 2022-05-16 This Handbook provides a comprehensive overview and analysis of the state of the field of the philosophy of meditation and engages primarily in the philosophical assessment of the merits of meditation practices This Handbook unites novel and original scholarship from 28 leading Asian and Western philosophers scientists theologians and other scholars on the philosophical assessment of meditation It critically assesses the conceptual and empirical validity of meditation its philosophical implications its legitimacy as a phenomenological research tool its potential value as an aid to neuroscience research its many practical benefits and among other considerations its possibly misleading interpretations applications and consequences Following the introduction by the editor the Handbook's chapters are organized in six parts Meditation and philosophy Meditation and epistemology Meditation and metaphysics Meditation and values Meditation and phenomenology Meditation in Greco Roman and Judeo Christian traditions A distinctive timely and invaluable reference work it marks the emergence of a new discipline therein the philosophy of meditation The book will be of interest to an interdisciplinary audience in the fields of philosophy meditation Buddhism Hinduism Taoism theology and Asian and Western philosophy It will serve as the textbook in any philosophy course on meditation and as secondary reading in courses in philosophy of mind consciousness selfhood personhood metaphysics or phenomenology thereby helping to restore philosophy as a way of life

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Lou Marinoff Introduction

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web step 1 cook the grains bring 5 gallons of water to a boil in a pot big enough to hold the water and the grain once the water starts to boil lower the heat and add the cracked corn and the sweet feed then continuously stir for 30 minutes note if you don t stir continuously you run the risk of letting the grains scorch on the bottom of the pot

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mixing the cornmeal sugar water and yeast together then ferment the mash so it becomes alcoholic and distill it so it tastes great as a drink you can then sip moonshine mash on its own or add it to cocktails or other drinks for

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web may 29 2023 directions 1 in a large pot or boiler add 5 gallons of water and heat to around 140 160 f 2 add your grains to the water and stir to combine 3 allow the mixture to sit for 1 2 hours to activate the enzymes in the grains 4 after 1 2 hours add 10 pounds of sugar to the mixture and stir until dissolved

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web apr 27 2021 this is a basic corn whiskey mash that is widely used by a lot of shiners as an easy go to simple mash recipe this recipe will be a corn whiskey or white lightning if aged for at least 2 years in white oak barrels that can be new or charred which is not necessary for the aging process

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web nov 9 2023 creating a mash the first thing you ll need for making moonshine is a mash this part of the process will depend on the flavor you want weigh and measure out all your ingredients place your mash pot on your heat source and turn it on pour in 5 gallons of water and boil it to 165 f once it reaches 165 f turn off your heat source

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web 1 make the mash the process begins by heating 5 gallons of water to 165 f when the temperature reaches this point turn off the heat and add the full amount of corn to the water it s important to stir the corn consistently for 5 minutes

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