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The answer so poignantly given by Joe, one of my fatigued and bedrugged college students, sums up the most common

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response as well as my motivation to write How Philosophy Can Save Your Life. "Good living for me means having the time to actually think and make my ideas coherent, instead of feeling forced to react on impulse -- quickly and not very intelligently -- to everything in my life."

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How Philosophy Can Save Your Life 10 Ideas That Matter

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About How Philosophy Can Save Your Life. Discover how great philosophers can help you live a more purposeful and peaceful

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How Philosophy Can Save Your Life - With Good Reason Radio

When you further your google search and find synonyms of philosophy, the three words “thinking, thought, and reasoning” pop up. Truthfully, philosophy is basically deep thought. It can be done by anyone in any environment, and not only by a man with a pipe and tweed jacket. In fact, philosophy surrounds us in our daily lives.

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