
CONTENTS

Preface *ix*

- 1 Introduction: On Philosophy as a Way of Life *1*
 1. Philosophy Ancient, Modern, and Contemporary *1*
 2. What It Means to Live a Philosophy *17*
- 2 The Socratic Way of Life *24*
 1. Ancient Philosophy as Intellectual Pursuit vs. as Way of Life *24*
 2. Socrates in Plato's *Apology* *32*
 3. Socratic Dialectic, Socratic Knowledge, and Human Wisdom *42*
 4. Socratic Philosophy as a Way of Life *48*
 5. Socrates and the Subsequent Tradition *60*
- 3 Aristotle: Philosophy as Two Ways of Life *70*
 1. Introduction *70*
 2. Practical vs. Theoretical Knowledge *74*
 3. The Highest Good, Happiness, and Virtue *79*
 4. Two Happy Lives, Two Happinesses: The Contemplative and the Practically Active Lives *91*
 5. Theoretical vs. Practical Virtue as Highest Good *96*
 6. The Practical Virtues: General Account *99*
 7. The Specific Practical Virtues *105*
 8. Practical Knowledge and Ethical "Theory" *117*
 9. Political Community and the Highest Good *123*
 10. Conclusion: Philosophy as Two Ways of Life *137*

- 4 Stoicism as a Way of Life 144
 - 1. Introduction: The Three Hellenistic Philosophies 144
 - 2. Stoicism: Tradition and Texts 147
 - 3. Stoic Eudaimonism 150
 - 4. Stoic Moral Psychology and the Human Virtues 158
 - 5. Virtue: Agreement with the World-Mind's Plans 166
 - 6. What Is Good vs. What Is Merely of Some Value 184
 - 7. Consequences of the Stoic Theory of Value 190
 - 8. Stoic vs. Aristotelian Conceptions of Emotions or Passions 203
 - 9. The Stoic Way of Life 214

- 5 The Epicurean and Skeptic Ways of Life 226
 - 1. Introduction 226
 - 2. Epicurus's Theory of the Human Good: "Kinetic" and "Katastematic" Pleasure 229
 - 3. The Epicurean Way of Life: Virtue, Irreligion, Friendship 246
 - 4. The Epicurean Life: Concluding Summary 271
 - 5. Ancient Skepticism: Living without Believing Anything 276
 - 6. The Pyrrhonian Skepticism of Sextus Empiricus 282
 - 7. The Skeptic Way of Life 291

- 6 Platonism as a Way of Life 305
 - 1. Introduction: Pythagoras, Plato, and Ancient Greek Wisdom 305
 - 2. Plotinus's Platonist Metaphysics 317
 - 3. Plotinus's Theory of the Human Person 326
 - 4. Three Levels of Human Virtues: "Civic," "Purifying," and "Intellectual" 341
 - 5. Virtue and Happiness 363
 - 6. Philosophy: The Sole Way Up to Life Itself 381
 - 7. Epilogue: The Demise of Pagan Philosophy, and of Philosophy as a Way of Life 383

Further Readings 389

Endnotes 401

Bibliography 425

Index 431