



# Emotion and Peace of Mind: From Stoic Agitation to Christian Temptation (Gifford Lectures)

By Richard Sorabji

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Richard Sorabji presents a ground-breaking study of ancient Greek views of the emotions and their influence on subsequent theories and attitudes, Pagan and Christian. While the central focus of the book is the Stoics, Sorabji draws on a vast range of texts to give a rich historical survey of how Western thinking about this central aspect of human nature developed.

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#### Review

‘Sorabji’s book is a major contribution to research on the analysis of the emotions in classical, Hellenistic and late antique philosophy and should be regarded as essential reading for all scholars with a serious interest in this topic.’ Bryn Mawr Classical Review 2001.10.38

‘What is particularly impressive is Sorabji’s ability to provide a detailed and critical discussion of primary sources ranging over a period of nearly a thousand years and his willingness to include early Christian sources in his investigation. ... In developing his argument, Sorabji offers a thorough treatment of the relevant primary sources and secondary literature and often draws upon parallel discussions in contemporary analytic philosophy and cognitive science in an illuminating and helpful manner.’ Bryn Mawr Classical Review 2001.10.38

‘Sorabji’s book is an insightful and compelling study of the emotions and their role in the psychology of human action and should be considered mandatory reading for anyone doing academic research on the analysis of the emotions in Hellenistic, late antique or early Christian philosophy.’ Bryn Mawr Classical Review 2001.10.38

‘Sorabji sets out his arguments with wonderful clarity ... The material is fascinating, although, in covering so broad a swath, there is necessarily a certain breeziness to Sorabji’s discussion.’ Times Literary Supplement, 5/10/2001

‘I heartily recommend this book to all practical philosophers. To philosophical counsellors, it offers not only a resource, but also a reminder that therapy should not be treated as a taboo word. To cognitive psychotherapists, it offers the wisdom of several hundred years of Stoic practice to supplement their forty or so years of therapeutic practice. To all of us it offers stimulating insights about the emotions and how to cope with them.’ Tim LeBon, Practical Philosophy

‘the introduction supplies a lucid and relatively non-technical account of the main ideas contained in the book and could well be recommended to philosophical counselling students or clients’ Tim LeBon, Practical Philosophy

‘What is most distinctive about the book is its combination of scholarship and practical philosophy. Sorabji is a philosopher with complete mastery of the original sources, always ready to offer his own interpretations of the original text.’ Tim LeBon, Practical Philosophy

‘detailed, scholarly’ Tim LeBon, Practical Philosophy

‘Sorabji has taken on - and pulled off - the monumental task of surveying and evaluating philosophical thought about the emotions from the early Stoics to St Augustine. What is more - and what makes the book a key work for the practical philosopher - the book is not just exegesis and comment about theory; it also grapples with the question of how and when the Stoics (in particular) might help one to cope with one’s emotions and establish peace of mind in practice.’ Tim LeBon, Practical Philosophy

‘Emotion and Peace of Mind is a benchmark-volume, an outstanding contribution to the philosophy and

psychology of emotion; surely a required work for anyone prepared to approach the subject with the seriousness it demands...' Daniel N. Robinson, Journal of Theoretical and Philosophical Psychology

#### About the Author

Richard Sorabji, CBE, is Research Professor of Philosophy at King's College London, and a Fellow of Wolfson College Oxford; he was previously Director of the Institute of Classical Studies, London. He is a Fellow of the British Academy and an Honorary Member of the American Academy of Arts and Sciences.

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