

1. Record Nr.	UNINA9910456814703321
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Titolo	Justifying our existence : an essay in applied phenomenology // Graeme Nicholson
Pubbl/distr/stampa	Toronto, [Ontario] ; ; Buffalo, [New York] ; ; London, [England] : , : University of Toronto Press, , 2009 ©2009
ISBN	1-4426-8842-4
Descrizione fisica	1 online resource (202 p.)
Collana	New Studies in Phenomenology and Hermeneutics
Disciplina	111
Soggetti	Ontology Phenomenology Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Frontmatter -- Contents -- Acknowledgments -- 1. INTRODUCTION -- 2. THE ABILITY TO BE -- 3. MAGNIFYING THE SELF -- 4. JUSTIFYING THE SELF -- 5. MAGNIFYING THE COMMUNITY -- 6. JUSTIFYING THE COMMUNITY -- 7. A SPIRITUAL EXISTENCE -- 8. CONCLUSION -- Notes -- Index
Sommario/riassunto	In his magnum opus Being in Time (1927), Martin Heidegger (1889-1976) argued that individuals have assumed that their existence is "a given," when in actual fact they simply have the ability to be. Justifying Our Existence examines the ways in which human beings attempt to calm their existential concerns by magnifying and proving their existence through phenomena such as self-righteousness, careerism, nationalism, and religion. Using remarkably accessible and concise writing, Graeme Nicholson provides a close reading of Heidegger's methods to indicate how his work has a practical application for existential concerns. Justifying Our Existence shows how phenomenology can be used to foreground existence, while also providing startling insights into human behaviour, the motivation behind many of our social systems, as well as one of the twentieth century's most important philosophers.

