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Autore	Sorabji Richard
Titolo	Emotion and Peace of Mind [[electronic resource]] : From Stoic Agitation to Christian Temptation
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Nota di contenuto	Contents; Abbreviations; Introduction; I. EMOTIONS AS JUDGEMENTS VERSUS IRRATIONAL FORCES; II. VALUE OF THE EMOTIONS, COGNITIVE THERAPY, AND THE ROLE OF PHILOSOPHY; III. EMOTIONAL CONFLICT AND STRUCTURE OF THE MIND; IV. FROM STOIC AGITATIONS TO CHRISTIAN TEMPTATIONS; Bibliography of Secondary Sources Mentioned; Index of Ancient Thinkers; Index Locorum; Subject and Name Index
Sommario/riassunto	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. The key questions are ones that concern

everyone: what is emotion, and how does one cope with one's own emotions and establish peace of mind? The central focus of the book is the Stoics, but 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. The result is a magisterial work of scholarship which will be fascinating for anyone with an i
