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What an Examined Life is all about

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We are all storytellers?we create stories to make sense of our lives. A moving collection of short, personal encounters between a psychoanalyst and his patients, The Examined Life reveals how the art of insight can illuminate the most complicated, confounding, and human of experiences. Ultimately, these stories show us not only how we love ourselves but how we might find ourselves.

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A good place to start is with the idea that the examined life involves “daily discourse about virtue”. Presumably this means questioning yourself and others about what it means to live a good life and trying each day to find an answer to the question of how we ought to live .

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and elegant stories teach us a new kind of attentiveness.

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Learning to live an examined life entails, at least in part, learning to ask hard questions, and to reckon with answers we did not expect. Plato (427-347 B.C.), a student of Socrates, and teacher of Aristotle, is considered one of the greatest philosophers of all time. The Apology is his account of the trial of Socrates, at which he was present.

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The success of *The Examined Life* by the psychoanalyst

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Stephen Grosz has, I think, relatively little to do with his clinical know-how; it rests, as Freud's did, on his story-telling abilities -- Rachel Cooke \* Observer \* Grosz is a superb storyteller and tells lots of his patients' stories with sensitivity, but also with great acuity.

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