


How to Be an Existentialist: or How to Get Real, Get a Grip and Stop Making Excuses


By Gary Cox



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How to Be an Existentialist is a witty and entertaining book about the philosophy of existentialism. It is also a genuine self-help book offering clear advice on how to live according to the principles of existentialism formulated by Nietzsche, Sartre, Camus, and the other great existentialist philosophers. An attack on contemporary excuse culture, the book urges us to face the hard existential truths of the human condition. By revealing that we are all inescapably free and responsible - 'condemned to be free,' as Sartre says - the book aims to empower the reader with a sharp sense that we are each the master of our own destiny. Cox makes fun of the reputation existentialism has for being gloomy and pessimistic, exposing it for what it really is - an honest, uplifting, and potentially life changing philosophy!

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Editorial Review

Review

'Think of it as a serious self-help book for the perplexed ... an absorbing book ... I found it a stimulating read, which forced me to re-think some of my current perceptions.' - LeaderValues www.leader-values.com

Title mention in *Creative Review*, January 2010

'An instructive, witty and entertaining guide to existentialism' - *Good Book Guide*

"According to existentialists, selecting this book is an active choice for which the reader is responsible. Cox, who earned his doctorate in philosophy in the UK writing on Sartre, presents an accessible overview of this philosophical worldview, its path to living an authentic life, and existential counseling (which sounds akin to cognitive behavioral therapy) as a means to this end. The book includes suggested further reading." -Eithne, O'Leyne, *BOOK NEWS, Inc.*

About the Author

Gary Cox has a PhD in Philosophy from the University of Birmingham, UK, where he is also an Honorary Research Fellow.

Users Review

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Shiela Steen:

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