



# Plato, Not Prozac!: Applying Eternal Wisdom to Everyday Problems

*Lou Marinoff PhD*

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# Plato, Not Prozac!: Applying Eternal Wisdom to Everyday Problems

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If you're facing a dilemma -- whether it's handling a relationship, living ethically, dealing with a career change, or finding meaning in life -- the world's most important thinkers from centuries past will help guide you toward a solution compatible with your individual beliefs. From Kierkegaard's thoughts on coping with death to the I Ching's guidelines on adapting to change, *Plato, Not Prozac!* makes philosophy accessible and shows you how to use it to solve your everyday problems.

Gone is the need for expensive therapists, medication, and lengthy analysis. Clearly organized by common problems to help you tailor Dr. Lou Marinoff's advice to your own needs, this is an intelligent, effective, and persuasive prescription for self-healing therapy that is giving psychotherapy a run for its money.

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