

## The Consolations of Philosophy

By Alain De Botton



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From the internationally heralded author of **How Proust Can Change Your Life** comes this remarkable new book that presents the wisdom of some of the greatest thinkers of the ages as advice for our day to day struggles.

Solace for the broken heart can be found in the words of Schopenhauer. The ancient Greek Epicurus has the wisest, and most affordable, solution to cash flow problems. A remedy for impotence lies in Montaigne. Seneca offers advice upon losing a job. And Nietzsche has shrewd counsel for everything from loneliness to illness. **The Consolations of Philosophy** is a book as accessibly erudite as it is useful and entertaining.



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#### The Consolations of Philosophy By Alain De Botton Bibliography

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#### **Editorial Review**

#### Amazon.com Review

"It is common," Alain de Botton writes in *The Consolations of Philosophy*, "to assume that we are dealing with a highly intelligent book when we cease to understand it. Profound ideas cannot, after all, be explained in the language of children." While his easygoing exploration of philosophers from Socrates to Nietzsche isn't exactly written for the *Blue's Clues* set, few readers will cease to understand it. Furthermore, it's a joy to read. De Botton's 1997 *How Proust Can Change Your Life* forged a new kind of lit crit: an exploration of *Remembrance of Things Past*, delivered in the sweet-gummed envelope of an advice book. He returns to the self-help format here, this time plundering the great thinkers to puzzle out the way we ought to live.

What was stunning about the Proust book was de Botton's brazen annexing of a hallowed novelist to address lite emotional problems. That format is less arresting when applied to the philosophers, since which earnest philosophy major has not, from time to time, tried to apply the alpine heights of thought to his own humble worries? Usually, sophomoric attempts to turn to, say, Kant for advice on love tend to be unmitigated disasters. In de Botton's case, however, he is able to find consolation for a broken heart in Schopenhauer, consolation for inadequacy in Montaigne. Epicurus, usually associated with a love of luxury, is a solace for those of us without much money--and de Botton learns from him that "objects mimic in a material dimension what we require in a psychological one. We need to rearrange our minds but are lured towards new shelves. We buy a cashmere cardigan as a substitute for the counsel of friends."

Lest the reader become burdened by all this philosophizing, the book is peppered with illustrations--the section on Nietzsche of course includes a DC Comics drawing of Superman. And it's further leavened by the author's personal anecdotes and winning confessional tone. Early on, for instance, he admits his own gnawing need for popularity: "A desire to please led me to laugh at modest jokes like a parent on the opening night of a school play." Before he became a medicine man for the soul, de Botton was a first-rate novelist, and it shows in his writing. --Claire Dederer

#### From Publishers Weekly

Three years ago, de Botton offered a delightful encounter with a writer many find unapproachable, in his bestselling How Proust Can Change Your Life. Now he attempts a similar undertaking--not wholly successful--with the great philosophers. In clear, witty prose, de Botton (who directs the graduate philosophy program at London University) sets some of their ideas to the mundane task of helping readers with their personal problems. Consolation for those feeling unpopular is found in the trial and death of Socrates; for those lacking money, in Epicurus' vision of what is essential for happiness. Senecan stoicism assists us in enduring frustration; Schopenhauer, of all people, mends broken hearts (by showing that "happiness was never part of the plan"); and Nietzsche encourages us to embrace difficulties. Black-and-white illustrations cleverly (sometimes too cleverly) accent the text: a "Bacardi and friends" ad, for example, illustrates the Epicurean doctrine of confused needs. Self-deprecating confessions pepper the book, a succinct account of an episode of impotence being the most daring. The quietly ironic style and eclectic approach will gratify many postmodern readers. But since the philosophers' opinions often cancel each other out (Montaigne undermines Seneca's trust in rational self-mastery, and Nietzsche repudiates "virtually all" that Schopenhauer taught), readers will need to pick and choose whose cogitations to take to heart. At his best (e.g., on Socrates), de Botton offers lucid popularization--an enjoyable read with "a few consoling and practical things" to say. (Apr.)

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#### From Kirkus Reviews

Having changed lives with the help of a French writer (How Proust Can Change Your Life, 1997), de Botton now seeks to offer those lives needed consolationand specific advicewith the writings of some of the world's most illustrious philosophers. If too many nowadays find thinkers Nietzsche and Schopenhauer stifling and irrelevant, they need only turn to this witty, engaging book to see how wrong they are. These mende Botton also calls on Socrates, Epicurus, Seneca, and Montaignewere in their own sometimes abstruse ways actually giving some down-to-earth, practical advice about how to cope with life's miseries and frustrations. De Botton is an able and companionable guide as he demonstrates, for example, how Socrates proves there are things far more consoling than popularity. He turns to Epicurus for advice on how to cope with not having enough money. Montaigneclearly de Botton's darling among the grouphas the most earthy advice. The great essayist soothes, even bolsters, his readers in the face of impotence, flatulence, and other errant bodily functions. Montaigne was a man who looked at life with a gimlet eye and saw through pretense. Friendship, the gentleman from Bordeaux declared, was the most important thingthat, and accepting yourself. The misanthrope Schopenhauer then steps forward to explain why people pick the wrong partners in love: the choice is based subconsciously but definitively on creating the best offspring. Realize that, and you'll see your bad marriage as completely logical. Finally, Nietzsche declares that we should be reconciled to suffering: "We must learn to suffer whatever we cannot avoid." Or, as de Botton sums it up, "Not everything which makes us feel better is good for us." De Botton applies these insights to contemporary situations, and he even writes about his own temporary impotence and subsequent cure by Montaigne. That's great consolation indeed. Congenial, refreshing, original and mercifully succincted Botton may well achieve the impossible by making philosophy popular. -- Copyright ©2000, Kirkus Associates, LP. All rights reserved.

#### **Users Review**

#### From reader reviews:

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This The Consolations of Philosophy book is not ordinary book, you have after that it the world is in your hands. The benefit you will get by reading this book is information inside this book incredible fresh, you will get data which is getting deeper you actually read a lot of information you will get. This The Consolations of Philosophy without we know teach the one who reading it become critical in contemplating and analyzing. Don't be worry The Consolations of Philosophy can bring once you are and not make your bag space or bookshelves' become full because you can have it in your lovely laptop even cell phone. This The Consolations of Philosophy having great arrangement in word and also layout, so you will not really feel uninterested in reading.

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#### **Homer Gardner:**

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