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# The Examined Life How We Lose And Find Ourselves Stephen Grosz

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**The Examined Life How We**

Echoing Socrates' statement that the unexamined life not worth living, psychoanalyst Stephen Grosz draws on his twenty-five years of work and more than 50,000 hours of conversations to form a collection of beautifully rendered tales that illuminate the human experience. These are stories about everyday lives: from a woman who finds herself daydreaming as she returns home from a business trip to a young man loses his wallet, to the more extreme examples: the patient who points an unloaded ...

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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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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 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.

*The Examined Life: How We Lose and Find Ourselves* – review

...

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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*The Examined Life: How We Lose and Find Ourselves* – review. By recounting real-life stories that have stayed with him, Grosz offers an intriguing insight into contemporary psychoanalysis.

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*The Examined Life: How We Lose and Find Ourselves*. by Stephen Grosz. 3.92 · Rating details · 12,324 ratings · 1,186 reviews. Echoing Socrates' time-honoured statement that the unexamined life is not worth living, psychoanalyst Stephen Grosz draws short, vivid stories from his 25-five-year practice in order to track the collaborative journey of therapist and patient as they uncover the hidden feelings behind ordinary behaviour.

*The Examined Life: How We Lose and Find Ourselves* by Stephen Grosz. THE SUNDAY TIMES BESTSELLER This book is about learning to live. Echoing Socrates' statement that the unexamined life not worth living, psychoanalyst Stephen Grosz draws on his twenty-five years of work and more than 50,000 hours of conversations to form a collection of beautifully rendered tales that illuminate the human experience.