

The Philosophy Gym 25 Short Adventures In Thinking Stephen Law

Is there a God, should I eat meat, where does the universe come from, could I live for ever as a robot? These are the big questions readers will be wrestling with in this thoroughly enjoyable book. Dip into any chapter and you will find lively scenarios and dialogues to take you through philosophical puzzles ancient and modern, involving virtual reality, science fiction and a host of characters from this and other planets. The text is interspersed on every page with lively cartoons, and there is a list of philosophical jargon at the end.. Stephen Law has a gift for communicating complex ideas. He offers few answers, but his unstuffy, highly personal approach will have the reader thinking and arguing with as much pleasure as he does himself.

A philosophical but fun look at the meanings of Christmas myths and rituals, from carving the turkey to why Santa wears red. Picture the scene: Aunt Gertrude has just given you the most appalling Christmas tie, complete with snow-flecked kittens in a bowler hat. Do you smile, nod, and confine it to the bottom drawer? Or do you tell the truth and spare yourself future ties from hell? Kant would say that we must, at all costs, tell the truth - whilst Mill would insist that we should think of the consequences. THE XMAS FILES is a philosophical meander through the myths and rituals of Christmas today, asking such important questions as does Santa exist? What's wrong with Christmas kitsch? Is it all just a commercial racket? What was Augustine's attitude to 'peace on earth'? And what would David Hume have to say about the virgin birth? For underneath all the festive fun, the way we celebrate Christmas does raise serious questions about the beliefs that sustain us, and the ways in which we still value ritual and tradition as a means of coming together.

There are a Few People in every Profession Who Can Be Considered great at what they do, and a few who rise above greatness and approach legendary. In the fitness and conditioning world, Dan John is one of the greatest of all time. A true professional, and an expert in Every Sense of the Word: Dan John is a legend in this field. Alwyn Cosgrove, Alwyncosgrove.com After listening to Dan John Lecture Or Reading his work, I envy his athletes not only for the good fortune of receiving his coaching expertise, but also for the lessons that will carry them along through life. Dan is a common man, but an uncommon motivator. Dave Tate, CEO elitefts.com Coach John is one of the premier instructors in the world of movement, strength and athleticism. His lectures on athletic training have revolutionized the thinking of thousands, and this new text, Never Let Go, will Set the standard in smarter, more productive training methods. Dr. Mark Cheng, L. Ac, Ph.D., RKC Team Leader

Over the past eleven years, Greif has been publishing superb, and in some cases already famous, essays in n+1, the high-profile little magazine that he co-founded. These essays address such key topics in the cultural, political, and intellectual life of our time as the tyranny of exercise, the tyranny of nutrition and food snobbery, the sexualization of childhood (and everything else), the philosophical meaning of Radiohead, the rise and fall of the hipster, the impact of the Occupy Wall Street movement, and the crisis of policing. Four of the selections address, directly and unironically, the meaning of life--what might be the right philosophical stance to adopt toward one's self and the world. Each essay in Against Everything is learned, original, highly entertaining, and,

from start to finish, dead serious. They are the work of a young intellectual who, with his peers, is reinventing and reinvigorating what intellectuals can be and say and do. Mark Greif manages to reincarnate and revivify the thought and spirit of the greatest of American dissenters, Henry David Thoreau, for our time and historical situation.--Publisher website.

Make workplace conflict resolution a game that EVERYBODY wins! Recent studies show that typical managers devote more than a quarter of their time to resolving coworker disputes. The Big Book of Conflict-Resolution Games offers a wealth of activities and exercises for groups of any size that let you manage your business (instead of managing personalities). Part of the acclaimed, bestselling Big Books series, this guide offers step-by-step directions and customizable tools that empower you to heal rifts arising from ineffective communication, cultural/personality clashes, and other specific problem areas—before they affect your organization's bottom line. Let The Big Book of Conflict-Resolution Games help you to: Build trust Foster morale Improve processes Overcome diversity issues And more Dozens of physical and verbal activities help create a safe environment for teams to explore several common forms of conflict—and their resolution. Inexpensive, easy-to-implement, and proved effective at Fortune 500 corporations and mom-and-pop businesses alike, the exercises in The Big Book of Conflict-Resolution Games delivers everything you need to make your workplace more efficient, effective, and engaged.

Time magazine called Mortimer J. Adler a "philosopher for everyman." In this guide to considering the big questions, Adler addresses the topics all men and women ponder in the course of life, such as "What is love?", "How do we decide the right thing to do?", and, "What does it mean to be good?" Drawing on his extensive knowledge of Western literature, history, and philosophy, the author considers what is meant by democracy, law, emotion, language, truth, and other abstract concepts in light of more than two millennia of Western civilization and discourse. Adler's essays offer a remarkable and contemplative distillation of the Great Ideas of Western Thought.

Perfect for gifting to lovers of philosophy or mining intelligent ice-breaker topics for your next party, The Pig That Wants to Be Eaten offers one hundred philosophical puzzles that stimulate thought on a host of moral, social, and personal dilemmas. Taking examples from sources as diverse as Plato and Steven Spielberg, author Julian Baggini presents abstract philosophical issues in concrete terms, suggesting possible solutions while encouraging readers to draw their own conclusions: Lively, clever, and thought-provoking, The Pig That Wants to Be Eaten is a portable feast for the mind that is sure to satisfy any intellectual appetite.

Gary Cox guides us through 42 of the most misunderstood, misquoted, provocative and significant quotes in the history of philosophy providing a witty and compelling commentary along the way. This entertaining and illuminating collection of quotes doesn't merely list who said what and when, it explores who each philosopher is and what he or she really meant when they said what they said. Viewing each quote as a philosophical thesis in itself, Cox probes the writings of everyone from Douglas Adams to A.J. Ayer and Thomas Aquinas to Karl Marx. This is a philosophical journey through history, culture and writing to bring us to a deeper understanding of why we think the way we do. As Douglas Adams points out, if there is no final answer to the question, 'What is the meaning of life?', '42' is as good or bad an answer as any other. Here Cox shows that 42 quotes might be even better!

A #1 NEW YORK TIMES BESTSELLER One of the most salient features of our culture is that there is so much bullshit. Everyone knows this. Each of us contributes his share. But we tend to take the situation for granted. Most people are rather confident of their ability to recognize bullshit and to avoid being taken in by it. So the phenomenon has not aroused much deliberate concern. We have no clear understanding of what bullshit is, why there is so much of it, or what functions it serves. And we lack a conscientiously developed appreciation of what it means to us. In other words, as Harry Frankfurt writes, "we have no theory." Frankfurt, one of the world's most influential moral philosophers, attempts to build such a theory here. With his characteristic combination of philosophical acuity, psychological insight, and wry humor, Frankfurt proceeds by exploring how bullshit and the related concept of humbug are distinct from lying. He argues that bullshitters misrepresent themselves to their audience not as liars do, that is, by deliberately making false claims about what is true. In fact, bullshit need not be untrue at all. Rather, bullshitters seek to convey a certain impression of themselves without being concerned about whether anything at all is true. They quietly change the rules governing their end of the conversation so that claims about truth and falsity are irrelevant. Frankfurt concludes that although bullshit can take many innocent forms, excessive indulgence in it can eventually undermine the practitioner's capacity to tell the truth in a way that lying does not. Liars at least acknowledge that it matters what is true. By virtue of this, Frankfurt writes, bullshit is a greater enemy of the truth than lies are.

Summary: Philosopher Stephen Law explains why humanism--though a rejection of religion--nevertheless provides both a moral basis and a meaning for our lives.-publisher description.

This book identifies eight key mechanisms that can transform a set of ideas into a psychological flytrap. The author suggests that, like the black holes of outer space, from which nothing, not even light, can escape, our contemporary cultural landscape contains numerous intellectual black-holes—belief systems constructed in such a way that unwary passers-by can similarly find themselves drawn in. While such self-sealing bubbles of belief will most easily trap the gullible or poorly educated, even the most intelligent and educated of us are potentially vulnerable. Some of the world's greatest thinkers have fallen in, never to escape. This witty, insightful critique will help immunize readers against the wiles of cultists, religious and political zealots, conspiracy theorists, promoters of flaky alternative medicines, and others by clearly setting out the tricks of the trade by which such insidious belief systems are created and maintained.

A high-school freshman who refuses to participate in the annual fund-raising chocolate sale is forced to defend his convictions. What can the film *Hoosiers* teach us about the meaning of life? How can ancient Eastern wisdom traditions, such as Taoism and Zen Buddhism, improve our jump-shots? What can the "Zen Master" (Phil Jackson) and the "Big Aristotle" (Shaquille O'Neal) teach us about sustained excellence and success? Is women's basketball "better" basketball? How, ethically, should one deal with a strategic cheater in pickup basketball? With NBA and NCAA team rosters constantly changing, what does it mean to play for the "same team"? What can coaching legends Dean Smith, Rick Pitino, Pat Summitt, and Mike Krzyzewski teach us about character, achievement, and competition? What makes basketball such a beautiful game to watch and play? Basketball is now the

most popular team sport in the United States; each year, more than 50 million Americans attend college and pro basketball games. When Dr. James Naismith, the inventor of basketball, first nailed two peach baskets at the opposite ends of a Springfield, Massachusetts, gym in 1891, he had little idea of how thoroughly the game would shape American—and international—culture. Hoops superstars such as Michael Jordan, LeBron James, and Yao Ming are now instantly recognized celebrities all across the planet. So what can a group of philosophers add to the understanding of basketball? It is a relatively simple game, but as Kant and Dennis Rodman liked to say, appearances can be deceiving. Coach Phil Jackson actively uses philosophy to improve player performance and to motivate and inspire his team and his fellow coaches, both on and off the court. Jackson has integrated philosophy into his coaching and his personal life so thoroughly that it is often difficult to distinguish his role as a basketball coach from his role as a philosophical guide and mentor to his players. In *Basketball and Philosophy*, a Dream Team of twenty-six basketball fans, most of whom also happen to be philosophers, proves that basketball is the thinking person's sport. They look at what happens when the Tao meets the hardwood as they explore the teamwork, patience, selflessness, and balanced and harmonious action that make up the art of playing basketball.

The #1 New York Times bestseller by Tom Brady, six-time Super Bowl champion and one of the NFL's 100 Greatest Players of All Time. Revised, expanded, and updated, the first book by Tampa Bay Buccaneers and former New England Patriots quarterback Tom Brady—who continues to play at an elite level into his forties—a gorgeously illustrated and deeply practical “athlete’s bible” that reveals Brady’s revolutionary approach to enhanced quality of life and performance through recovery for athletes of all abilities and ages. In this new edition of *The TB12 Method*, Tom Brady further explains and details the revolutionary training, conditioning, and wellness system that has kept him atop the NFL at an age when most players are deep into retirement. Brady—along with the expert Body Coaches at TB12, the performance lifestyle brand he cofounded in 2013—explain the principles and philosophies of pliability, a paradigm-shifting fitness concept that focuses on a more natural, healthier way of exercising, training, and living. Filled with lessons from Brady’s own training regimen, *The TB12 Method* provides step-by-step guidance on how to develop and maintain one’s own peak performance while dramatically decreasing injury risks. This illustrated, highly visual manual also offers more effective approaches to functional strength & conditioning, proper hydration, supplementation, cognitive fitness, restorative sleep, and nutritious, easy-to-execute recipes to help readers fuel-up and recover. Brady steadfastly believes that the TB12 approach has kept him competitive while extending his career, and that it can make any athlete, male or female, in any sport and at any level achieve his or her own peak performance. With instructions, drills, photos, in-depth case studies that Brady himself has used, along with personal anecdotes and experiences from his legendary career, *The TB12 Method* gives you a better way to train and get results with Tom Brady himself as living proof.

Examine the ideas and traditions of Western and Eastern thought ‘Packed with all the information, advice and tips you’ll need to get on your way.’ Good times July/Aug "Eyewitness Companions offer an essential reference library, perfect for novices or anyone who just wants to know more about their favourite pastime." Heyday A demystifying guide to a misunderstood subject. Learn to

understand the major issues, theories and problems at the heart of philosophy and watch hard-to-grasp concepts come to life. Discover philosophers answers to the 'big questions' Where do we come from? What is the perfect model for society? What is the meaning of life? Discover who's who and know all the major thinkers, from Aristotle to Zeno. Use the 'toolkit' to exercise your mind, learn to talk the talk and construct and communicate philosophical arguments. Start reading, start thinking.

Bestselling author Sherman Alexie tells the story of Junior, a budding cartoonist growing up on the Spokane Indian Reservation. Determined to take his future into his own hands, Junior leaves his troubled school on the rez to attend an all-white farm town high school where the only other Indian is the school mascot. Heartbreaking, funny, and beautifully written, *The Absolutely True Diary of a Part-Time Indian*, which is based on the author's own experiences, coupled with poignant drawings by Ellen Forney that reflect the character's art, chronicles the contemporary adolescence of one Native American boy as he attempts to break away from the life he was destined to live. With a forward by Markus Zusak, interviews with Sherman Alexie and Ellen Forney, and four-color interior art throughout, this edition is perfect for fans and collectors alike.

Although Max Turner has been cheerleading for less than a year, she is a rising star at TNT Force, an all star cheer gym in Texas. In just a few months she has proven her skill level to the coaches and fellow athletes every time she steps foot inside the gym or on the competition mat. So, when a new cheer season begin, no one is surprised when Max is placed on a high level senior team. But, Max quickly begins to feel the pressure of her new squad. Faced with learning harder cheerleading stunts, getting to know a team full of athletes older than her, and working with a new coach is a lot to take in. Even for a fast learner like Max. And, as if that is not enough for her to deal with, it quickly becomes clear that someone at the gym is not happy about Max's spot on the high level team. With the heat and stress of summer and hard conditioning pressing down on her, Max is beginning to question if she is really ready to be on a senior team at all.

Without her best friend Lexi and Halley on the mat for support, every day of practice is becoming more and more trying for the 13 year old athlete. Knowing the world will soon be watching when the competition season begins, Max has to decide quickly if she has what it takes to be the cheerleading star everyone is expecting her to be.

Since the beginning of time mankind has struggled with the big questions surrounding our existence. Whilst most people have heard of Socrates, Machiavelli and Nietzsche, many are less clear on their theories and key concepts. In *The Great Philosophers*, bestselling author Stephen Law condenses and deciphers their fundamental ideas. Avoiding the technical jargon and complex logic associated with most books on philosophy, Law brings the thoughts of these great thinkers, from Confucius and Buddha to Wittgenstein and Sartre, to life.

From renowned classicist Edith Hall, *ARISTOTLE'S WAY* is an examination of one of history's greatest philosophers, showing us how to lead happy, fulfilled, and meaningful lives Aristotle was the first philosopher to inquire into subjective

happiness, and he understood its essence better and more clearly than anyone since. According to Aristotle, happiness is not about well-being, but instead a lasting state of contentment, which should be the ultimate goal of human life. We become happy through finding a purpose, realizing our potential, and modifying our behavior to become the best version of ourselves. With these objectives in mind, Aristotle developed a humane program for becoming a happy person, which has stood the test of time, comprising much of what today we associate with the good life: meaning, creativity, and positivity. Most importantly, Aristotle understood happiness as available to the vast majority of us, but only, crucially, if we decide to apply ourselves to its creation--and he led by example. As Hall writes, "If you believe that the goal of human life is to maximize happiness, then you are a budding Aristotelian." In expert yet vibrant modern language, Hall lays out the crux of Aristotle's thinking, mixing affecting autobiographical anecdotes with a deep wealth of classical learning. For Hall, whose own life has been greatly improved by her understanding of Aristotle, this is an intensely personal subject. She distills his ancient wisdom into ten practical and universal lessons to help us confront life's difficult and crucial moments, summarizing a lifetime of the most rarefied and brilliant scholarship.

Doing well with money isn't necessarily about what you know. It's about how you behave. And behavior is hard to teach, even to really smart people. Money—investing, personal finance, and business decisions—is typically taught as a math-based field, where data and formulas tell us exactly what to do. But in the real world people don't make financial decisions on a spreadsheet. They make them at the dinner table, or in a meeting room, where personal history, your own unique view of the world, ego, pride, marketing, and odd incentives are scrambled together. In *The Psychology of Money*, award-winning author Morgan Housel shares 19 short stories exploring the strange ways people think about money and teaches you how to make better sense of one of life's most important topics.

An introduction to the study of philosophy with discussions on several topics including God, politics, science and art. Now in its third edition, this fascinating book illustrates how a philosophical approach to sexuality can shed light on various sexual phenomena, such as pornography, prostitution, sadomasochism, homosexuality, masturbation, sexual perversion, and adultery. A definitive work on a provocative topic.

From Descartes to designer babies, *The Philosophy Gym* poses questions about some of history's most important philosophical issues, ranging in difficulty from pretty easy to very challenging. He brings new perspectives to age-old conundrums while also tackling modern-day dilemmas -- some for the first time. Begin your warm up by contemplating whether a pickled sheep can truly be considered art, or dive right in and tackle the existence of God. In this radically new way of looking at philosophy, Stephen Law illustrates the problem with a story, then lets the argument battle it out in clear, easily digestible and intelligent prose. This perfect little mental health club is sure to give each reader's mind a

great workout.

Life philosophy based on Google searches Have I found 'the one'? Am I a psychopath? Should I be allowed to say whatever I want? Millions of people ask Google all sorts of questions, everything from the big and small. Responding to the biggest, existential questions asked online and using the wisdom of Plato, Kant, Kierkegaard and other philosophical greats philosopher, academic, and all-round polymath, Stephen Law, undertakes the challenge and explores our modern-day concerns with tongue-in-cheek sagacity. No matter what you've googled in a midnight moment of existential despair, this book will answer all your burning questions.

This comprehensive and accessible book is designed for use by students following the Theory of Knowledge course in the International Baccalaureate (IB) Diploma Programme. The book is also useful for students following other critical thinking courses. The fundamental question in Theory of Knowledge is How do you know? In exploring this question, the author encourages critical thinking across a range of subject areas and helps students to ask relevant questions, use language with care and precision, support ideas with evidence, argue coherently and make sound judgements.

'To have more we must first become more', is the very essence of the philosophy of personal development, success and happiness addressed by America's foremost business philosopher in this book. Jim Rohn presents a realistic and powerful formula for the attainment of success and happiness. The philosophy within these pages is a blending of many of his publicly expressed insights combined with an abundance of new material from his private journals.

A first-century Stoic, Epictetus argued that we will always be happy if we learn to desire that things should be exactly as they are. His Enchiridion distills his teachings to illuminate a way to a tranquil life.

The Philosophy Gym 25 Short Adventures in Thinking Macmillan

Conventional medical science on the Chinese art of Tai Chi now shows what Tai Chi masters have known for centuries: regular practice leads to more vigor and flexibility, better balance and mobility, and a sense of well-being. Cutting-edge research from Harvard Medical School also supports the long-standing claims that Tai Chi also has a beneficial impact on the health of the heart, bones, nerves and muscles, immune system, and the mind. This research provides fascinating insight into the underlying physiological mechanisms that explain how Tai Chi actually works. Dr. Peter M. Wayne, a longtime Tai Chi teacher and a researcher at Harvard Medical School, developed and tested protocols similar to the simplified program he includes in this book, which is suited to people of all ages, and can be done in just a few minutes a day. This book includes:

- The basic program, illustrated by more than 50 photographs
- Practical tips for integrating Tai Chi into everyday activities
- An introduction to the traditional principles of Tai Chi
- Up-to-date summaries of the research literature on the health benefits of Tai Chi
- How Tai Chi can enhance work productivity, creativity, and sports performance
- And much more

The breakthrough modern sports novel The Contender shows readers the true meaning of being a hero. This acclaimed novel by celebrated sportswriter Robert Lipsyte, the recipient of the Margaret A. Edwards Award for lifetime achievement in YA fiction, is the story of a young boxer in Harlem who overcomes hardships and finds hope in the ring on his path to becoming a contender. Alfred Brooks is scared. He's a high-school dropout, and his grocery store job is leading nowhere. His best friend is sinking further and further into drug addiction. Some

street kids are after him for something he didn't even do. So Alfred begins going to Donatelli's Gym, a boxing club in Harlem that has trained champions. There he learns it's the effort, not the win, that makes the boxer—that before you can be a champion, you have to be a contender.

ALA Best of the Best Books for Young Adults * ALA Notable Children's Book * New York Public Library Books for the Teen Age

What makes me, me – and you, you? What is this thing called 'love'? Does life have a point? Is 'no' the right answer to this question?

Philosophy transports us from the wonderful to the weird, from the funny to the very serious indeed. With the aid of tall stories, jokes, fascinating insights and common sense, Peter Cave offers a comprehensive survey of all areas of philosophy, addressing the big puzzles in ethics and politics, metaphysics and knowledge, religion and the emotions, aesthetics and logic. Replete with a smorgasbord of amusing and mind-boggling examples, The Big Think Book is perfect for anyone who delights in life's conundrums.

Although we have been successful in our careers, they have not turned out quite as we expected. We both have changed positions several times—for all the right reasons—but there are no pension plans vesting on our behalf. Our retirement funds are growing only through our individual contributions. Michael and I have a wonderful marriage with three great children. As I write this, two are in college and one is just beginning high school. We have spent a fortune making sure our children have received the best education available. One day in 1996, one of my children came home disillusioned with school. He was bored and tired of studying. "Why should I put time into studying subjects I will never use in real life?" he protested. Without thinking, I responded, "Because if you don't get good grades, you won't get into college." "Regardless of whether I go to college," he replied, "I'm going to be rich."

Presents the true story of a friendship that has spanned three decades, recounting how the author, a harried sales executive, befriended an eleven-year-old panhandler, changing both of their lives forever.

A philosophical analysis of some of history's most pressing mental challenges covers a wide range of issues from the existence of God to the ethics of designer babies, illustrating each with a story and then posing arguments for both sides. 15,000 first printing.

First Published in 2007. Routledge is an imprint of Taylor & Francis, an informa company.

Combines philosophical, curious, and sometimes ridiculous questions to suggest thought-provoking answers covering such topics as the origin of the world, the mind and its powers, ethical issues, and knowledge.

USING PHILOSOPHY TO EXPLORE THE BIG IDEAS BEHIND FITNESS AND WAYS TO ENJOY EXERCISE

WITHOUT LEAVING YOUR MIND BEHIND It can often seem as though existence is split in two: body and mind, flesh and spirit, moving and thinking. In the office or at study we are 'mind workers,' with seemingly superfluous bodies.

Conversely, in the gym we stretch, run and lift, but our minds are idle. In *How to Think About Exercise*, author and philosopher Damon Young challenges this idea of separation, revealing how fitness can develop our bodies and minds as one. Exploring exercises and sports with the help of ancient and modern philosophy, he uncovers the pleasures, virtues and big ideas of fitness. By learning how to exercise intelligently, we are contributing to our overall enjoyment of life and enhancing our full humanity. Find out how bestselling author Haruki Murakami quit smoking and took up running,

and why the simple act radically changed his whole outlook on life; why Schopenhauer thought that swimming was a sublime act; how Charles Darwin came up with some of his best ideas while exercising; and much more. The School of Life is dedicated to exploring life's big questions: How can we fulfill our potential? Can work be inspiring? Why does community matter? Can relationships last a lifetime? We don't have all the answers, but we will direct you toward a variety of useful ideas—from philosophy to literature, from psychology to the visual arts—that are guaranteed to stimulate, provoke, nourish, and console.

Stephen Law follows THE PHILOSOPHY FILES with a second book of philosophical conundrums for teenagers. This time he asks such questions as Do Miracles Happen? Why Do These Words Mean Something? and Do I Know the Sun will Rise Tomorrow? You can dip into the arguments that interest you, in eight chapters where the themes are set up in witty scenarios and then debated. There are wacky thought experiments to work out and a variety of characters appear, some of them Martians. As in THE PHILOSOPHY FILES, there are hundreds of lively cartoons running through the book. Stephen Law is a brilliant communicator with a passion to make young people think for themselves. As the GUARDIAN said: 'It's philosophy in action rather than philosophy in aspic. . . a real philosophy book for kids, which students and adults could enjoy too, finally exists'.

Introduces the provocative questions and the arguments that philosophers throughout history have offered, from Plato to the twentieth century, including such issues as reality, ethics, and the existence of God.

Have you ever found yourself alone with your thoughts? Have you ever been asked if the glass is half full or half empty? Do you wonder what true happiness is or how to attain it? Or maybe nothing really matters if everything is just an illusion or a dream? These ideas are some of the central questions of philosophical inquiry that have engaged, troubled and exasperated some of the greatest minds throughout the history of human civilization, provoking argument and debate in an attempt to broaden the horizons of human thought. Author Alain Stephen attempts to demystify some of these key questions by tracing their origins in the writings of prominent thinkers through the ages, from the colonnades of ancient Greece to the intellectual salons of twentieth-century France, and show how these ideas and concepts developed over time. Why We Think the Way We Do provides plenty of food for thought for both the amateur philosopher and enlightened thinker to digest.

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