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| Course Title: Special Topics in sociology (35737)  Course Subtitle: THE ART OF LIVING  Class Times: Monday, 3:30-4:45; Wednesday, 2:00-3:15  https://manoa.hawaii.edu/mix/wp-content/uploads/2017/11/WV7G2510-2000x1000.jpg Classroom: Online (at least to begin with) |
| C:\Users\SAMSUNG\Pictures\Profile pic 2 (3).jpg Lecturer: Trent Bax (Sociology)    Office number: 201-2 (POSCO Building)  Office phone: 3277-2246  Office hours:  Email: [trentbax@ewha.ac.kr](mailto:trentbax@ewha.ac.kr) |

# course description

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| **Do you know yourself well?** **Do you know what you want from life?**  **Do you know what it means to live a good life?**  This brand new course offers you the opportunity to **reflect on your life and how you are living it**. As you travelled through the education system did it, at any point, teach you ‘*the art of living’*? While it may have told you *what* *to learn*, did it ever tell you *how to live*? And did it teach you how to *find meaning in life*, to *separate what is important from what is not*, and *provide you with a* *vision* to help you make decisions and guide your behavior?  In order to get you to *know yourself better*, this course is designed to help you answer two important questions: ‘**How can I live a good life?**’ and ‘**What do I want out of life?**’  Successfully answering these questions will then lead you to being able to: **identify your grand goal in living** (and explain to yourself why this goal is worth attaining).  Stoic philosopher, William Irvine, believes that if we lack a grand goal in living we lack a **coherent philosophy of life** - and thus we will squander our one chance at living because we didn’t pursue those goals that are genuinely valuable.  To help you minimize *misliving* and maximize good living, the wisdom presented to you in this course by various *enlightened* *masters of living* will hopefully help you identify strategies you can do, as you go about your daily living, to maximize your chances of attaining the most valuable things in life. After all, it is hard to know what to choose when you aren’t sure what you want.  According to Viktor Frankl (the founder a logotherapy, a meaning-centred form of psychotherapy), what is important is not what we *expect from life*, but rather what *life expects from us*. That is, we are constantly being *questioned by life*, and because life never ceases to have meaning (and suffering) we must find an answer to living a meaningful life.  Likewise, famed historian Yuval Noah Harari believes that in the near future both constant change and profound uncertainty will make it easy to lose psychological and emotional balance, so we will need to know and understand ourselves at a deeper level in order to stay mentally balanced, take control of our lives, and know where we want to go and what we want from life.  Thus Harari believes ‘**Who am I?**’ is going to be one of the most important and urgent questions humans will have to answer in the 21st century. |

# course work

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| |  |  | | --- | --- | | Private Blog | 50% | | End of Term Essay | **50%** |   **BLOG**  You will create a **private blog** that is only visible to me. Following Stoic philosopher William Irvine, the purpose of your blog is to help you develop a *coherent philosophy of life*.  From **week 2 to week 11** you will use your blog to help you think about 5 main issues:   |  |  |  | | --- | --- | --- | | **1** | **March 8 to March 21** | What do you want out of life? And why? | | **2** | **March 22 to April 4** | What goals in life are worth pursuing (and what are not)?  For example, what are your educational goals, career goals, and relationships goals? | | **3** | **April 5 to April 18** | How can you place your life goals into a hierarchy (from most to least valuable), with the goal selected at the top your ‘grand goal in living’ (i.e. the goal you are unwilling to sacrifice to attain your other goals)? | | **4** | **April 19 to May 2** | How can you live a good life – and avoid misliving?  How can you be happy – and avoid being unhappy? | | **5** | **May 3 to May 16** | What effective strategies will help you maximize your chances of attaining your goals in life as you go about your daily living. | |  | **May 17 to May 30** | Go back to the beginning and rethink and revise your blog. | |  | **May 31 to June 13** | Write your essay |   **ESSAY**  Your **end of term essay** will explain your newly found ‘coherent philosophy of life’ (i.e. you will explain your grand goal of living by explaining what you want out of life, what goals are worth pursuing, what goals are more important than others, and how you are going to go about attaining these goals). As Nietzsche famously said: The person who has a *why* to live for can bear almost any *how* of their existence.  Viktor Frankl’s famous statement can also act as a guiding motto for your essay. As a Holocaust survivor, Frankl said that everything can be taken from a person except one thing – the freedom to choose one’s attitude in any given set of circumstances, ***to choose one’s own way***. |

# course readings

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| The readings in this course are designed to offer you advice on how people should live.  The course reading booklet includes book excerpts from a sociologist (Zygmunt Bauman), a historian (Yuval Noah Harari), a Stoic philosopher (William Irvine), a happiness researcher (Meik Wiking), two psychoanalysts (Erich Fromm and Viktor Frankl), three psychologists (Howard Cutler, Edith Eger and Paul Wood) and an author of addiction and depression (Johann Hari). These ‘philosophers of life’ include some of the most influential thinkers of the last 100 years.  To help you *put their wisdom to work in your own life*, I will act as a ‘conduit’ or ‘mediator’ between you and the advice offered by these readings on the art of living.  C:\Users\SAMSUNG\Downloads\20201216_213059.jpg  **ORDER OF READINGS** (which will appear in the class reading booklet that you will buy)  **1. The Art of Knowing Oneself**:  **●** William Irvine (2009), **A Guide to the Good Life: The Ancient Art of Stoic Joy**  (Introduction, 1-14)  **●** Yuval Noah Harari (2018), **21 Lessons for the 21st Century**  (Education, 259-268; Meaning, 269-308) [this reading will be provided as a PDF file]  **2. The Art of Non-Materialist Living**:  **●** Zygmunt Bauman (2007), **44 Letters from the Liquid Modern World**  (Consumerism is not just about consumption, 67-70)  **●** Johann Hari (2018), **Lost Connections** (Disconnection from Meaningful Values, 91-105)  **●** Erich Fromm (1976), **To Have Or To Be**  (A First Glance, 13-17; Having & Being in Daily Experience, 24-25; The Nature of Having, 63-64;  What is the Being Mode, 71-75; Further Aspects of Having & Being, 88-90)  **3. The Art of Loving**:  **●** Erich Fromm (1956), **The Art of Loving** (Is Love an Art, 1-6; The Theory of Love, 7-19; 23-27)  **4. The Art of Togetherness**:  **●** Meik Wiking (2017), **The Little Book of Hygge**(Introduction, p.6-9; Togetherness, 49-67)  **●** Johann Hari (2018), **Lost Connections**  (Disconnection from Other People, 72-90)  **5. The Art of Stoic Living**:  **●** William Irvine (2009), **A Guide to the Good Life: The Ancient Art of Stoic Joy**  (Negative Visualization, 65-72; 83-84; The Dichotomy of Control, 85-96; Social Relations, 134-139;  On Seeking Fame, 166-172; On Becoming a Stoic, 202-206; Stoicism Reconsidered, 226-229)  **6. The Art of Happiness**:  **●** Howard Cutler (and the Dalai Lama) (1998), **The Art of Happiness**  (The Sources of Happiness, 19-35; Training the Mind for Happiness, 37-44; A New Model for  Intimacy, 78-84; Deepening Our Connection to Others, 97-103; Facing Suffering, 133-143;  Bringing About Change, 219-221; 231-232; 242-245)  **●** Meik Wiking (2017), **The Little Book of Hygge** (Hygge and Happiness, 269-285)  **7. The Art of Meaningful Living**:  **●** Johann Hari (2018), **Lost Connections** (Disconnection from Meaningful Work, 61-71)  **●** Viktor Frankl (1946), **Man’s Search for Meaning**  (Afterword, 155-165; Experiences in a Concentration Camp, 65-67; Logotherapy in a Nutshell, 97-113)  **●** Edith Eger (2017), **The Choice** (The Dance of Freedom, 237-249)  **8. How to Escape Our Mental Prison**:  **●** Paul Wood (2019), **How to Escape from Prison**  (The Wrong Road, 11-12; Born Free, 155-162; Break Out, 182-187; Make the Escape, 207-211;  Fight to be Free, 229-234; Living Free, 256-259) |