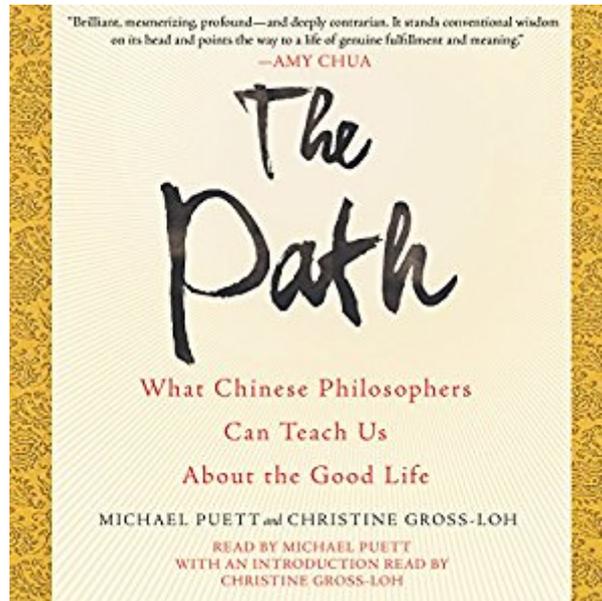


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# The Path: What Chinese Philosophers Can Teach Us About The Good Life



## Synopsis

For the first time, an award-winning Harvard professor shares his wildly popular course on classical Chinese philosophy, showing you how these ancient ideas can guide you on the path to a good life today. The lessons taught by ancient Chinese philosophers surprisingly still apply, and they challenge our fundamental assumptions about how to lead a fulfilled, happy, and successful life. Self-discovery, it turns out, comes through looking outward, not inward. Power comes from holding back. Good relationships come from small gestures. Spontaneity comes from practice. And excellence comes from what you choose to do, not your "natural" abilities. Counterintuitive. Countercultural. Even revolutionary. These powerful ideas have made Professor Michael Puett's course the third most popular at Harvard University in recent years, with enrollment surging every year since it was first offered in 2006. It's clear students are drawn by a bold promise Professor Puett makes on the first day of class: "These ideas will change your life". Now he offers his course to the world.

## Book Information

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## Customer Reviews

I gave this book 3 stars because it does put forth some interesting ideas and I found some value in the discussion of different philosophies and approaches to life. However, there was little that was enjoyable about the experience of reading this book. I was frustrated by the writing style. There was extensive repetition, with the same idea being restated multiple times in different ways. I often found myself thinking, "OK, OK, I get it." At times, I felt like the authors became so enamored with their

wordsmithing that they forgot that sentences are supposed to mean something. I sometimes found myself thinking, "What are you talking about?" Sometimes it felt like the authors were setting up an artificial premise as a basis or justification for whatever point it was they wanted to make. The authors would say, "People think...," and I would think, "I don't know anybody who thinks that." Finally, there was way too much stating of the obvious. The authors sometimes devoted multiple paragraphs to convincing the reader of something that, to most people, is self-evident. My other disappointment was that, while the book is billed as an exploration of "what Chinese philosophers can teach us about the good life," it was actually a fairly generic self-help/advice book. You could completely remove the Chinese philosophers from the book and replace them with any of a number of western philosophers (or skip the philosopher tie-in altogether) and end up with basically the same book. I expected much more emphasis on and information about the Chinese philosophers and their teachings.

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