

MY EXISTENTIALISM STUDY

Objective: To move further in my journey of self-realization. To understand what other thinkers have thought about the meaning of life.

PLAN

1. Read introductory books:

- a. The Meaning of Life: A Very Short Introduction by Terry Eagleton
- b. Existentialism: A Very Short Introduction by Thomas Flynn
- c. Philosophy 101 by Paul Kleinman
- d. The Philosophy of Life by Robert Nozick
- e. Existentialism and Humanism by Jean-Paul Sartre
- f. Existentialism Is a Humanism by Jean-Paul Sartre

2. Study key existentialist thinkers:

- a. Start with Jean-Paul Sartre's "Being and Nothingness," which is considered a foundational text in existentialism.
- b. You can also explore works by Albert Camus, such as "The Stranger" and "The Myth of Sisyphus," as well as Friedrich Nietzsche's "Thus Spoke Zarathustra" and "Beyond Good and Evil."
- c. Viktor Frankl's "Man's Search for Meaning."

3. Learn wider

- a. Eastern philosophy (e.g., Confucianism, Buddhism)
- b. Religious ideas

4. Join forums and groups

5. Literature and movies

- a. Read existentialist novels like "Nausea" by Jean-Paul Sartre, "The Trial" by Franz Kafka, or "Notes from Underground" by Fyodor Dostoevsky.
- b. Watch films that explore existential themes, such as "The Seventh Seal" by Ingmar Bergman, "The Graduate" directed by Mike Nichols, or "Eternal Sunshine of the Spotless Mind" directed by Michel Gondry.

6. Study existentialist concepts and themes:

- a. Read secondary sources and philosophical analyses that explore these concepts in more detail, such as "Existentialism: Basic Writings" edited by Charles Guignon and Derk Pereboom.

HELPFUL GUIDES

1. 10 Most Popular Philosophy Syllabi:
<https://dancohen.org/2006/05/21/10-most-popular-philosophy-syllabi/>
2. **My favorite learning plans:**
 - a. Hubert Tremblay from Quora: <https://qr.ae/pyFKwJ>
 - i. **First:** The Oxford University Press Very Short Introductions series:
<https://global.oup.com/academic/content/series/v/very-short-introductions-vsi/?cc=us&lang=en>
 - ii. **Second:** Stanford Encyclopedia of Philosophy:
<https://plato.stanford.edu/index.html>
 - iii. **Third:**
<https://www.cambridge.org/core/publications/collections/cambridge-companions>
 - iv. **Fourth:** Slowly move to primary sources
 - b. Adam Gerow from Quora: <https://qr.ae/pyFKwP>
 - i. Project Gutenberg: <https://www.gutenberg.org/>
 1. Bertrand Russell's The Problems of Philosophy:
<https://www.gutenberg.org/files/5827/5827-h/5827-h.htm>
 2. A History of Western Philosophy by Bertrand Russell:
<https://archive.org/details/westernphilosoph035502mbp/page/8/mode/2up?view=theater>
3. Harvard:
 - a. List of all the concentrations:
https://handbook.college.harvard.edu/files/collegehandbook/files/fields_of_concentration_2021_2022.pdf
 - b. Philosophy concentration: <https://philosophy.fas.harvard.edu/concentration>
 - c. The Harvard Review of Philosophy (Open Access):
<https://www.harvardphilosophy.com/open-access>
 - d. Introduction to Philosophy (Harvard Summer School 2020):
https://scholar.harvard.edu/files/teuber/files/phil_s-4-introduction_to_philosophy_syllabus_harvard_summer_school_2020_5-1-1_1.pdf
 - e. Philosophy Courses - Spring 2019:
https://philosophy.fas.harvard.edu/files/phildept/files/spring_2019_course_flyer_-_complete.pdf
4. Oxford:
 - a. Lectures:
<https://www.philosophy.ox.ac.uk/john-locke-lectures#collapse4123921>
 - b. Oxford Philosophy magazine:
<https://www.philosophy.ox.ac.uk/oxford-philosophy-magazine>
5. Cambridge:
6. ODTÜ:
 - a. <https://phil.metu.edu.tr/tr/lisans-mufredati>
7. Ankara Üniversitesi:
 - a. http://bbs.ankara.edu.tr/Ders_Plani.aspx?bno=4296&bot=1917

8. Online communities:
 - a. <https://onlinephilosophyclub.com/forums/>
 - b. <https://forum.philosophynow.org/>
 - c. <https://thephilosophyforum.com/>
 - d. <https://philosophy.stackexchange.com/>
9. Leiter Reports: A Philosophy Blog: <https://leiterreports.typepad.com/blog/>
10. Rick Roderick Lectures: <http://rickroderick.org/>

SOME EXISTENTIALIST THINKERS

1. **Jean-Paul Sartre:** Sartre is often considered the key figure in existentialism. His works, including "Being and Nothingness" and "Existentialism is a Humanism," delve into themes like freedom, authenticity, and the existential dilemma of human existence.
2. **Friedrich Nietzsche:** Although Nietzsche is not often categorized strictly as an existentialist, his ideas have heavily influenced existentialist thought. He explored concepts like the will to power, the death of God, and the revaluation of values in works such as "Thus Spoke Zarathustra" and "Beyond Good and Evil."
3. **Albert Camus:** Camus was an existentialist philosopher and writer known for his exploration of the absurdity of human existence. His works like "The Stranger" and "The Myth of Sisyphus" examine themes of meaninglessness, rebellion, and the search for significance.
4. **Martin Heidegger:** Heidegger's philosophy focuses on the concept of "Being" and the existential analysis of human existence. His magnum opus, "Being and Time," delves into the nature of authenticity, existence, and the relationship between being and the world.
5. **Søren Kierkegaard:** Often considered the precursor to existentialism, Kierkegaard emphasized the individual's subjective experience, faith, and the significance of choice and commitment. His works, such as "Fear and Trembling" and "Either/Or," explore the tension between the aesthetic, ethical, and religious spheres of existence.
6. **Simone de Beauvoir:** Beauvoir was a prominent existentialist philosopher and feminist thinker. Her book "The Second Sex" analyzed the lived experiences of women and their struggle for freedom and authenticity within a patriarchal society.
7. **Gabriel Marcel:** Marcel's philosophy centered on the significance of interpersonal relationships and the role of love, hope, and fidelity in human existence. His works, including "Being and Having" and "The Mystery of Being," explored existential themes within a Christian perspective.
8. **Maurice Merleau-Ponty:** Merleau-Ponty contributed to existentialism through his existential phenomenology. He explored the embodied nature of human existence and the intertwining of perception, body, and the world in works like "Phenomenology of Perception."

