



ROTARY CLUB
LJUBLJANA – CENTER

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A revival of the ancient philosophy of Stoicism, could it be “just what the doctor ordered” for our turbulent times?

O predavanju

The recent surge in interest in Stoicism, particularly within Silicon Valley, is not the first “revival” after the school’s original disappearance in the 2nd century AD. Throughout the centuries, philosophers like Montaigne, Schopenhauer, and Nietzsche, revisited Stoic ideas, and in the 20th century, they were picked up outside of philosophical circles in the new field of psychotherapy, among others in effective Cognitive Behavioral Therapy.

How should we look at these ancient Stoic texts nowadays: as an anachronistic self-help method? A school for life? A religion? Or, more skeptically, should we consider it as one of the many, now outdated philosophical system produced by the long Western Philosophical tradition and thus better left to professional, historical academicians?

In this lecture, rather than repackaging Wikipedia, I want to reflect on “all of the above”. If afterwards you are inclined to give a lecture of the original Stoic authors a (new) try, I have achieved my goal.

O predavatelju



When choosing between the study of philosophy or engineering, Frank Amand took the second, more pragmatic road. He started out in software development in Philips and gradually moved to product and marketing management in Cosylab and Iskratel, and is now business developer in Operato, a member of the ELES group.

Throughout the years he kept nourishing a “philosophical reflex” though, which resulted in a monograph titled “Everyone is a philosopher”. The text is heavily indebted to the Stoic school of philosophy, dating back to the classic period. The writing process included the reading of the original authors, as well as academic works, and also following up on the recent Stoic revival in the Anglo-Saxon world.

He believes the revival is merited and could be our best antidote to the current times of tribulations and high uncertainty.

