



How to Be an Existentialist: or How to Get Real, Get a Grip and Stop Making Excuses

Gary Cox

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How to Be an Existentialist is a witty and entertaining book about the philosophy of existentialism. It is also a genuine self-help book offering clear advice on how to live according to the principles of existentialism formulated by Nietzsche, Sartre, Camus, and the other great existentialist philosophers. An attack on contemporary excuse culture, the book urges us to face the hard existential truths of the human condition. By revealing that we are all inescapably free and responsible - 'condemned to be free,' as Sartre says - the book aims to empower the reader with a sharp sense that we are each the master of our own destiny. Cox makes fun of the reputation existentialism has for being gloomy and pessimistic, exposing it for what it really is - an honest, uplifting, and potentially life changing philosophy!

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