



# **Breakfast with Socrates: An Extraordinary (Philosophical) Journey Through Your Ordinary Day**

*Robert Rowland Smith*

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What is the philosophy of sweat? Reality TV? Domestic warfare? Making up and having sex? Take a sparkling ride through an ordinary day with hilarious philosophical gadfly Robert Rowland Smith in *Breakfast with Socrates*.

Ever want to have a bagel with Hegel? Eggs with Bacon? Or spend a day with Socrates, Mill, Herodotus, or Kant, able to pick their brains about the most mundane moments of your life? Former Oxford Philosophy Fellow Robert Rowland Smith thought he would, and so with dry wit and marvelous invention, Smith whisks you through a typical day, injecting a little philosophy into it at every turn. Wake up with Descartes, go to work with Plato and Nietzsche, visit the gym with Kant, have sex with Ovid (or Simone de Beauvoir).

As the day unfolds, Smith grounds complex, abstract ideas in concrete experience, giving you an informal introduction to applying philosophy to everyday life. Not only does *Breakfast with Socrates* cover the basic arguments of philosophy, it brings an irresistible, insouciant charm to its big questions, waking us up to the richest possible range of ideas on how to live. Neither breakfast, lunch, nor dinner will ever be the same again.

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