

# **Philosophy as a Way of Life by John Sellars**

**Post by “Godfrey” of May 13, 2021 at 4:24 PM**

This article was of interest to me because of its overall theme and how Sellars related to Lucretius. Lucretius doesn't show up until the end but is considered to be a good example of living philosophy. I like the approach because it doesn't rely on "spiritual exercises" or specific daily practices but is more of an approach to integrating philosophy into one's life.

Beware! He does say that Lucretius' goal was tranquility, but aside from that I found it to be a quick and worthwhile read.