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*Johannes B. Bucej*

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Ist Seelenruhe ein erstrebenswerter Zustand? Darüber wurde bereits in der Antike nachgedacht. Heute importieren wir „Gelassenheit“ vor allem aus der östlichen Weisheit. Dabei könnten wir, angefangen bei den alten griechischen Philosophenschulen der Stoa und der Epikureer, viele Quellen für dieses Anliegen zu Rate ziehen. Dieses Buch streift durch das Denken von Jahrhunderten, um verschiedene Ansätze für das immer gleiche oder ähnliche Ringen um innere Ausgeglichenheit und Heiterkeit aufzuspüren und eine überzeitliche Weisheit zu gewinnen – unterhaltsam, mit philosophischem Weit- und Durchblick und mit der Aussicht, dass unser Leben tatsächlich besser wird, wenn wir wissen, wie wir Seelenruhe erlangen.

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