



This Life: Secular Faith and Spiritual Freedom

Martin Hägglund

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A profound, original, and accessible book that offers a new secular vision of how we can lead our lives. Ranging from fundamental existential questions to the most pressing social issues of our time, *This Life* shows why our commitment to freedom and democracy should lead us beyond both religion and capitalism.

In this groundbreaking book, the philosopher Martin Hägglund challenges our received notions of faith and freedom. The faith we need to cultivate, he argues, is not a religious faith in eternity but a secular faith devoted to our finite life together. He shows that all spiritual questions of freedom are inseparable from economic and material conditions. What ultimately matters is how we treat one another in *this life*, and what we do with our time together.

Hägglund develops new existential and political principles while transforming our understanding of spiritual life. His critique of religion takes us to the heart of what it means to mourn our loved ones, be committed, and care about a sustainable world. His critique of capitalism demonstrates that we fail to sustain our democratic values because our lives depend on wage labor. In clear and pathbreaking terms, Hägglund explains why capitalism is inimical to our freedom, and why we should instead pursue a novel form of democratic socialism.

In developing his vision of an emancipated secular life, Hägglund engages with great philosophers from Aristotle to Hegel and Marx, literary writers from Dante to Proust and Knausgaard, political economists from Mill to Keynes and Hayek, and religious thinkers from Augustine to Kierkegaard and Martin Luther King, Jr. *This Life* gives us new access to our past--for the sake of a different future.

This Life: Secular Faith and Spiritual Freedom Details

Date : Published March 5th 2019 by Pantheon Books

ISBN : 9781101870402

Author : Martin Hägglund

Format : Hardcover 464 pages

Genre : Philosophy, Nonfiction, Spirituality, Religion

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John says

3.5 Stars--Probably more later.

Melissa says

A good read with a wonderful perspective. This book left me feeling like I learned new things and had me questioning things i hadn't thought of before. Won courtesy of the author and goodreads.com
