



## The Fragile Life: Accepting Our Vulnerability (Hardback)

By Todd May

The University of Chicago Press, United States, 2017. Hardback. Condition: New. Language: English . Brand New Book. It is perhaps our noblest cause, and certainly one of our oldest: to end suffering. Think of the Buddha, Chuang Tzu, or Marcus Aurelius: stoically composed figures impervious to the torments of the wider world, living their lives in complete serenity and teaching us how to do the same. After all, isn't a life free from suffering the ideal? Isn't it what so many of us seek? Absolutely not, argues Todd May in this provocative but compassionate book. In a moving examination of life and the trials that beset it, he shows that our fragility, our ability to suffer, is actually one of the most important aspects of our humanity. May starts with a simple but hard truth: suffering is inevitable. At the most basic level, we suffer physically a sprained ankle or a bad back. But we also suffer insults and indifference. We suffer from overburdened schedules and unforeseen circumstances, from moral dilemmas and emotional heartaches. Even just thinking about our own mortality the fact that we only live one life can lead us to tremendous suffering. No wonder philosophies...

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