

Care of the Self

The studies included in the **Care of the Self: Ancient Problematizations of Life and Contemporary Thought** focus on different manifestations of "taking care of the self" present in ancient and contemporary thought. Each of these studies approaches the issue of taking care of the self from a different perspective: Part I by Vladislav Suvák focuses on Socrates' therapeutic education; Part II by Livia Flachbartová centres on Diogenes' ascetic practices; and Part III by Pavol Sucharek concentrates on Henri Maldiney's existential phenomenology.

Taking care of the self (*epimeleia heautou*) is not just one of a great many topics associated with ancient ethics. Echoing Michel Foucault, we could say that the care of the self applies to all problematizations of life.

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312

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