



The Wisdom of Hypatia: Ancient Spiritual Practices for a More Meaningful Life

Bruce J. MacLennan MacLennan

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Discover the Spiritual Secrets of Ancient Philosophy

Hypatia was one of the most famous philosophers of the ancient world. The mix of classical philosophies she taught to Pagans, Jews, and Christians in the fourth century forms the very foundation of Western spirituality as we know it today. *The Wisdom of Hypatia* is a hands-on guide to using the principles of philosophy to bring purpose, tranquility, and spiritual depth to your life.

To the ancients, philosophy was a spiritual practice meant to help the seeker achieve a good life and maintain mental tranquility. Bruce J. MacLennan, PhD, provides a concise history of philosophy up to Hypatia's time and a progressive, nine-month program of spiritual practice based on her teachings. Explore the three most important philosophical schools of the Hellenistic Age. Lead a more serene, balanced life. Experience self-actualization through union with the divine. Discover the techniques described in the historical sources, and put into practice the profound insights of the world's greatest minds.

Praise:

"*The Wisdom of Hypatia* is grounded in solid scholarship, lucidly written, and, above all, practical. This book reunites spirituality, philosophy, and psychology into a path for our time, and for all times. Read it. Practice it. You will never be the same."?Leonard George, PhD, Chair of the Department of Psychology, Capilano University

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