



How Plato and Pythagoras Can Save Your Life: The Ancient Greek Prescription for Health and Happiness

By Nicholas Kardaras PhD

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University professor, psychotherapist and recovering former nightclub owner Dr. Nicholas Kardaras presents a mind blowing, reality rocking, and life changing approach to Greek philosophy. Having once owned celebrity-studded NY nightclubs where he had mingled with the likes of JFK, Jr., Uma Thurman and Tom Cruise, Kardaras would emerge from that glamorous-yet-self-destructive world to discover the powerful and transformative teachings of his ancient ancestors. To his amazement, he learned that ancient Greek philosophy, contrary to popular misconceptions, was not a dry and academic pursuit, but a vibrant and holistic transformative practice.

In *How Plato and Pythagoras Can Save You're your Life*, Dr. Kardaras breathes new life into those ancient teachings as he incorporates some of the most cutting edge advances in the fields of quantum mechanics and consciousness research to validate the insights and wisdom of the ancient Greek sages. As he guides readers through an array of contemplative practices designed to help them live a more meaningful life, Kardaras warns the reader to be prepared because they just might also "catch a glimpse of that trippy realm called Ultimate Reality".

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Editorial Review

From Publishers Weekly

A former New York City nightclub owner and drug abuser, Kardaras is a psychology professor who turned his life around through immersion in ancient Greek philosophy. He introduces readers to some key ideas of the "rational mystics" Pythagoras and Plato, to show how to achieve a more holistic sense of well-being. Many readers will be familiar with Plato's theory of ideal forms, but Kardaras does readers a service by delving into the thought of Pythagoras: a "healthy mind, body, and spirit" through exercise, strict diet, and contemplating "math, music, cosmology, and philosophy." In this vein Kardaras offers meditative exercises leading to expanded consciousness. But some are a stretch ("try and conceptualize the time of the Big Bang"). Clear and friendly, if at times meandering, the book explores such concepts as Aquinas's five proofs for God's existence, and how modern society has killed the notion of a "soul." Kardaras's attempt toward the book's end to articulate a belief in cosmic monism—"we are part of the universal consciousness"—will be welcome to those spiritually and mystically inclined, though it may be too rarefied for others. (Apr.)

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Review

"With wisdom and wit, an accessible account of Greek philosophy--not as a dry academic discipline, but as a lived practice of purification and enhanced awareness, with rich transformative potential for all of us. Readers will enjoy the balanced blend of science, philosophy, and practical and spiritual wisdom; and carrying out the many included experiential exercises can help improve bodily, mental, and spiritual health and well-being, allow greater access to a deeper and more meaningful life and worldview, and foster a fuller realization of our true human potentials." -**William Braud, Ph.D.**, Professor Emeritus, Institute of Transpersonal Psychology; co-author of *Transforming Self and Others through Research* and author of *Distant Mental Influence*.

"A masterful integration of mystical Greek philosophy and contemporary, cutting-edge science. Kardaras' lucid and engaging work brings to life the distilled wisdom of the ancient Greek sages and suggests practical ways for a saner and more fulfilled life." -**Kyriacos C. Markides PhD**, author of *Fire in the Heart: Healers, Sages, and Mystics*, and Professor of Sociology, University of Maine

"I recommend reading this book both for the mind-boggling and highly entertaining story of someone who made it through the biggest roller-coaster ride anyone could imagine, but also for the pointers it gives for shifting - for being, in Gandhi's celebrated words, "the change that you want to see in the world." -**Ervin Laszlo, PhD**, author of *Chaos Point*

"Emerging phoenix-like from the glamorous, seductive--and destructive--world of the New York club scene where he had mingled with the likes of JFK Jr. and New York's rich and powerful, Dr. Kardaras discovers a powerful and transformative method towards wholeness based on the wisdom of his ancient ancestors. You'll never look at reality--or yourself--in quite the same way ever again after reading this book." -**R. Couri Hay**, Society Editor and Columnist for *Hamptons Magazine*, *LA Confidential* and *Gotham Magazine*

"After a near-death experience, licensed psychotherapist and former nightclub owner Kardaras transformed his life through the practices of Greek philosophy, and he wants to share his insights. To be in harmony with the universe, our consciousness and bodies have to be tuned with a healthy lifestyle and consciousness-expanding meditations. He provides exercises and readings to do just that, plus a substantial amount of

researched information on philosophy in general, Greek philosophy in particular, and the concept of the transcendent realm. For college-educated readers with an affinity for philosophical and holistic approaches to life, this book is exceptional." -*Library Journal*, 2011

"Nicholas Kardaras has undergone a perilous, life-and-death journey and has emerged with a story that must be told. This riveting account reveals the timelessness of authentic wisdom, as well as the majestic, infinite reaches of the mind." -**Larry Dossey, MD**, *Healing Words* and *The Power of Premonitions*

About the Author

Nicholas Kardaras, PhD, is a licensed psychotherapist, clinical assistant professor at Stony Brook University, and adjunct professor at the Institute of Transpersonal Psychology. A former AAU National Karate champion and an unrepentant and unreformed Mets and Knicks fan, his current hobbies include meditation, running, reading the *New York Post*, chasing around his twin sons, and daydreaming at the beach near his home in Sag Harbor, New York.

Users Review

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