

Department of Philosophy and Religious Studies is hosting its Applied Philosophy Lyceum

FRIDAY, SEPTEMBER 27, 2024 | 5PM • COE 164



DR. MARIANA ALESSANDRI Associate Professor, University of Texas Rio Grande Valley

THE UPSIDE OF ANXIETY:

Kierkegaard on feeling better about feeling bad

Is anxiety best described as a lack of faith, an error in reasoning, or a brain disease/chemical imbalance? Do any of our contemporary definitions or descriptions of anxiety help us feel better about it? In 1844, the “congenitally anxious” philosopher Søren Kierkegaard posited that the more anxious a civilization is, the more profound the culture. Can Kierkegaard’s defense of anxiety help us, in 2024, to feel better about feeling bad?

Join Dr. Mariana Alessandri, Associate Professor in the Department of Philosophy at the University of Texas Rio Grande Valley, and author of *Night Vision: Seeing Ourselves Through Dark Moods*, as she talks about the mental illness that 1 in 3 college students suffers from.

This event is free and open to the public. A reception will follow the discussion.

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I AM *true*
BLUE