



The Path: What Chinese Philosophers Can Teach Us About the Good Life

Michael Puett, Christine Gross-Loh

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For the first time an award-winning Harvard professor shares the lessons from his wildly popular course on classical Chinese philosophy, showing you how these ancient ideas can guide you on the path to a good life today.

The lessons taught by ancient Chinese philosophers surprisingly still apply, and they challenge our fundamental assumptions about how to lead a fulfilled, happy, and successful life. Self-discovery, it turns out, comes through looking outward, not inward. Power comes from holding back. Good relationships come from small gestures. Spontaneity comes from practice. And excellence comes from what you choose to do, not your “natural” abilities.

Counterintuitive. Countercultural. Even revolutionary. These powerful ideas have made Professor Michael Puett’s course the third most popular at Harvard University in recent years, with enrollment surging every year since it was first offered in 2006. It’s clear students are drawn by a bold promise Professor Puett makes on the first day of class: “These ideas will change your life.” Now he offers his course to the world.

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