JUSTIFYING OUR EXISTENCE:
AN ESSAY IN APPLIED PHENOMENOLOGY

In his magnum opus *Being and Time* (1927), Martin Heidegger (1889–1976) argued that individuals have assumed that their existence is ‘a given,’ when in fact they simply have the ability to be. *Justifying Our Existence* examines the ways in which human beings attempt to create meaning in their lives, often by magnifying and proving their existence through phenomena such as self-righteousness, careerism, nationalism, and religion.

In this remarkably accessible and concise study, Graeme Nicholson analyses Heidegger’s methods to indicate how his work has a practical application for existential concerns. Nicholson shows how phenomenology, as defined by Heidegger, can be used to explore fundamental questions of human existence, while shedding new light on important aspects of human behaviour and the motivation behind many of our social systems. Scholarly yet eminently readable, *Justifying Our Existence* is an original and thoroughly engaging work that touches on many realms of everyday human experience – both political and personal – while offering fresh insights on one of the twentieth century’s most important philosophers.

GRAEME NICHOLSON is a professor emeritus in the Department of Philosophy at the University of Toronto.

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GRAEME NICHOLSON

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An Essay in Applied Phenomenology

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