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**Bernhard Zimmermann (Hg.),** *Von ‚artes liberales‘ zu ‚liberal arts‘.* (Septem 1) Rombach, Freiburg/Br. – Berlin – Wien 2013. 140 pp., € 34,-.

This engaging book appears as the first volume of the new University College Freiburg series “Septem”. The seven articles – seven, as the liberal arts – are based on lectures on the concepts of liberal education from an historical perspective, which took place at University College Freiburg in the Winter semester of 2012/2013. This is a new promising institution conceived precisely as an answer to the debated topic of *Bildung* and as a place of inter-disciplinary and innovative teaching. As Bernhard Zimmermann, the Dean of Studies at the College, explains in the introduction (pp. 7–8), *Bildung* is a two-sided concept: on one hand it coincides with the process of education, on the other it is also the result of this process, in a perpetual dialogue between free individual development and the contents of education. These are essentially the themes at the core of the lectures now collected in this book.

In the first paper, “Körper und Geist in der Erziehung des freien griechischen Mannes” (pp. 9–23), Hans-Joachim Gehrke offers a broad overview on the concept of *Bildung* in ancient Greece. It is well known that the *Bildungsideal* of the Greeks was oriented towards harmony and genuine relationship between the physical and intellectual components of a person, in view of the education of the free citizens within the *polis*. Although the concept of *artes liberales* was not yet formalized and structured, it is exactly in this symbiosis of body and