

ARTS . LIFESTYLE

## IN SEARCH OF THE SELF

3 x 30' (GER, FRE, 1 Ep ENG subs)

From classical antiquity stemmed a veritable amount of worldly wisdom. In this series we will see how the works of Socrates, Seneca and other philosophers have translated into modern life.

Nietzsche, who structured his life on the notion of being true to himself, had imbibed the teachings of this time. His principle - getting to know oneself - is the key to living an authentic life. In this series, we will encounter people, who have based their lives on philosophical ideas, who found their selves, love and happiness.

### Episodes:

1. *Be Yourself!*
2. *The Art of Love*
3. *Everything Flows*

Original Title: Die Suche nach dem Selbst - Sei du selbst!

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