

Looking for something
THOUGHT PROVOKING & ENTERTAINING?



For a number of years now, I've presented at different public events. My talks span a range of topics from a philosophical perspective, including embodiment, art, norms, and society.

My talk and powerpoint presentation is suitable for any non-academic audience interested in reflecting upon themselves, the lives we lead together, and the values we take for granted.

We live in a society based on an old hierarchy: The *mind*, with its rationality and objectivity, is typically viewed as more valuable and reliable than the uncontrollable *body* and its emotional life. Living in this hierarchy has many consequences. One such consequence is that we generally lack a deeper understanding of ourselves as bodily and affective beings; an understanding that can help mitigate the stress and performance-anxiety this hierarchy provokes in many of us.

And, when we under-emphasize our bodily selves, we miss out on a lot of fun! In my talk I'll share how engaging in arts, sports, and nature might help us get on the right track.

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