Contents

Ab	Abbreviations		
In	Introduction		
	I. EMOTIONS AS JUDGEMENTS VERSUS IRRATIONAL FORCES		
I.	Emotion as Cognitive and its Therapy	17	
2.	The Emotions as Value Judgements in Chrysippus	29	
3.	Seneca's Defence: Third Movements as Harmonizing Chrysippus and Zeno	55	
4.	Seneca's Defence: First Movements as Answering Posidonius	66	
5.	The Arts: First Movements and Controversies on Drama and Music. Aristotle, Philodemus, and the Stoics	76	
6.	Posidonius on the Irrational Forces in Emotion: Galen's Report	93	
7.	Posidonius: Judgements Insufficient for Emotion. Exhaustion and Lack of Imagination	109	
8.	Posidonius: Judgements Not Necessary for Emotion. Disowned Judgements, Animals, Music	121	
9.	Aspasius and Other Objections to Chrysippus	133	
10.	What is Missing from the Judgemental Analysis? Brain Research and Limitations on Stoic Cognitive Therapy	144	
	II. VALUE OF THE EMOTIONS, COGNITIVE THERAPY, AND THE ROLE OF PHILOSOPHY		
II.	The Role of Analytic Philosophy in Stoic Cognitive Therapy	159	
I 2.	Stoic Indifference: A Barrier to Therapy?	169	
13.	The Case for and against Eradication of Emotion	181	

x	Contents

x	Contents		
14.	The Traditions of Moderation and Eradication	194	
15.	How the Ancient Exercises Work	2 I I	
16.	Exercises Concerned with Time and the Self	228	
17.	Physiology and the Non-Cognitive: Galen's Alternative Approach to Emotion	253	
18.	Sex, Love, and Marriage in Pagan Philosophy and the Use of Catharsis	273	
19.	Catharsis and the Classification of Therapies	288	
	III. EMOTIONAL CONFLICT AND STRUCTURE OF THE MIND		
20.	Emotional Conflict and the Divided Self	303	
21.	The Concept of Will	319	
	IV. FROM STOIC AGITATIONS TO CHRISTIAN TEMPTATIONS		
22.	First Movements as Bad Thoughts: Origen and his Legacy	343	
23.	From First Movements to the Seven Cardinal Sins: Evagrius	357	
24.	First Movements in Augustine: Adaptation and Misunderstanding	372	
25.	Christians on Moderation versus Eradication	385	
26.	Augustine on Lust and the Will	400	
Bib	Bibliography of Secondary Sources Mentioned		
Ind	Index of Ancient Thinkers		
Ind	Index Locorum		
Sub	Subject and Name Index		