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From the Ecology of the Planet to the Ecology of the Daily Life

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Abstract: *Review of Sandu Frunză, Filosofie și comunicare cotidiană: cărțile ar putea să-ți schimbe viața [Philosophy and daily communication: the books could change your life], Iași: Editura Lumen, 2020.*

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In one of his recent encyclical letters, influenced by the Ecumenical Patriarch Bartholomew, one of the artisans of the ecology (Morariu, 2020, pp. 124-135), Pope Francis was speaking about the ecology of the daily life (Francis, 2015, p. 14). For sure, a way to achieve it is very well brought into attention by Sandu Frunză.

Professor in „Babeş-Bolyai” University from Cluj-Napoca, philosopher and author of representative books both for the philosophical area, but also for the ones of philology, theology, history, marketing or communication (see: Frunză, 2016; Frunză, 2016a; Frunză, 2015; Frunză, 2010; Frunză, 2013; Frunză, 2015a; Frunză, 2017; Frunză, 2019), Sandu Frunză is for sure one of the relevant voices of the contemporary interdisciplinary.

As the author emphasizes it in the note on the edition, the book that we will focus on brings together the texts and attitudes of the author on different problems, published on his personal blog:

„This volume contains some of the texts published on my personal blog. They had since began the intention of a meeting with the outside public academic environment and had the role of an opening to the general public. At the urging of my friends, who they wanted to have all these texts somewhere in one only place on the shelf of their library, I decided to give free rein to my love for books and to gather these texts between the covers of a volume.” (Frunză, 2020, p. 375).

Segmented into two big parts, first containing evaluations of the work of some of the ones that the author came in contact with or dialogues with them, and the second containing essays, the book brings into attention the life and the work of important contemporary names of the international or national culture like: Moshe Idel (Frunză, 2020, p. 14-22), Irina Petraş (Frunză, 2020, p. 23-17), Vianu Mureşan (Frunză, 2020, p. 28-31), Moise Cordovero, Lucian-Zeev Herşcovici (Frunză, 2020, p. 32-36), Emmy van Deurzen (Frunză, 2020, pp. 44-51), Lorand Brian (Frunză, 2020, pp. 192-195), but also about relevant topics like the conslueling (Frunză, 2020, pp. 64-66), the philosophy as a spiritual therapy (Frunză, 2020, pp. 67-70), the way how the appeal to philosophy can solve all the difficult problems (Frunză, 2020, pp. 71-75), metaphysics (Frunză, 2020, pp. 76-79), the way how the communication can contribute to the discover of the self (Frunză, 2020, pp. 89-94), „Dragobete feast” and the way how a visit at a therapist can improve it (Frunză, 2020, pp. 96-104), but also controversial aspects like the dark face of love (Frunză, 2020, pp. 105-109), psychoanalysis (Frunză,

2020, pp. 110-112), or about practical elements like motivation and its relationships with offering or with the development of one's personality (Frunză, 2020, pp. 117-125).

Adept of the philosophical counselling that he considers a special type of philosophical practice, Sandu Frunză focuses also on this topic (Frunză, 2020, pp. 126-130), offering in the same time an introduction to the topic (Frunză, 2020, pp. 131-140), very useful to the readers who are not familiar with it. In the same time, he does not forget other aspects of his domain of expertise like the ethics (Frunză, 2020, pp. 141-144; 156-160), communication or marketing (Frunză, 2020, pp. 145-148). Management of time constitutes also a topic approached (Frunză, 2020, pp. 187-191), probably for practical reasons, together with other aspects like the religion of love (Frunză, 2020, p. 211), or the life and the heritage of philosophers like Lucian Blaga (Frunză, 2020, pp. 225-231).

Friends like Father Ioan Chirilă, author of interesting books of theology, but also of memorials (Morariu, 2018, pp. 185-189), Iulian Boldea or Vasile Dâncu, author of a very deep book about the mother (Dâncu, 2015) are also presented there. The author insists there to see them thorough the lengths of the reader of their books (Frunză, 2020, pp. 241-446; 247-250; 260-278) and as a friend who comes in dialogue with them and shares the same values with the presented authors. The same thing can be said about Laszlo Alexandru and the work that he did in order to defend Mihail Sebastian (Frunză, 2020, pp. 290-292), Delia Cristina Balaban (Frunză, 2020, pp. 309-318), Aurel Codoban, one of the most relevant voices of the contemporary Romanian philosophy (Frunză, 2020, pp. 297-200), or Horațiu Crișan (Frunză, 2020, pp. 333-336).

In the same time, topics with sociological or politological relevance like the populism (Frunză, 2020, pp. 337-343), the correctness or the incorrectness of the political sphere (Frunză, 2020, pp. 344-248), are not avoided by the Romanian writer, who decides to offer them long and well-documented essays on the topic. The religious phenomenon, that have concerned the author since his doctoral research is also part of the presented demarche. Sandu Frunză therefore speaks about the research of the religious feeling and its need (Frunză, 2020, pp. 349-352), secularization, that he sees as a genuine gift of the Christian world (Frunză, 2020, pp. 353-357), but also about fundamentalism and its potential consequences (Frunză, 2020, pp.358-362).

Despite of the fact that they it is a well-written book that invites the reader to discover its secrets and in the same time manages to keep him curious from its beginning and until the end, Sandu Frunză's book, entitled,

in an inspired way: *Philosophy and daily communication: the books could change your life*, is also a demarche that offers new perspectives on actual topics and in the same time, brings correct accents on the topics that are actual and in certain situations, were misused or misinterpreted. Therefore, for example, speaking about the success and its meaning for the human life, he underlines the fact that:

„Many of us are tempted by the mirage the pursuit of success in itself. We believe his touch it means a total experience, likened to experience symbolic in which we are touched by the angel's wing, in a gesture of confirmation of the paradisiacal state on which I acquired. It is difficult for us to mobilize in an effort to be successful conceived only as an intermediate stage in living personal fulfillment. Just as it's hard for us we imagine success only as a wheel in a complex mechanism of life and perfection. The most often, success becomes an end in itself, which it does we associate with notoriety, with celebrity, with the accumulation of goods (material or symbolic), with the state of total recognition that we could hope for. Again in this way, the mirage of success is always accompanied by a state of insecurity, anxiety, inadequacy, of non-compliance.” (Frunză 2020:192).

Like he did it previously in other works (Frunză, 2013a, pp. 1-9; Frunză 2020a, pp. 3-17; Frunză, Medveschi, Frunză, & Grad 2019, pp. 3-17), Sandu Frunză proves to be a man capable of prophetic accents and predictions and in the same time, a writer who can help the reader to develop the daily life ecology, by adopting a new style of life, guiding or counselling him or providing him the landmarks that can help both in the personal development and in the change of the style of life.

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