The “perennial problems” of philosophy are what they are because of philosophy’s perennial abstractions. Such “problems” as Mind/Body, Consciousness/World, Subject/Object, and Self/Other cannot be resolved so long as philosophy begins with the abstractions Mind/Body, Consciousness/World, Subject/Object, and Self/Other. The unity of Truth and Being will never be found by adding together abstractions.

Though hardly a unified discipline, Existentialism is characterized by a rejection of all those philosophical abstractions in favor of concrete lived experience. Neither a mind nor a brain engages a world, but total unified embodied conscious human beings do. If a unity of Truth and Being is to be found, it is to be found in our concrete existence, and never can it be attained after the fact by an assembly of disparate bits.

**Authors Explored Include:**
- Soren Kierkegaard
- Friedrich Nietzsche
- Edmund Husserl
- Martin Heidegger
- Maurice Merleau-Ponty
- Jean-Paul Sartre
- Simone de Beauvoir