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**Title:** Philosophy and Melancholy: The Work of Melancholy in Kierkegaard's and Heidegger's Philosophical Thought

**Abstract**

Philosophers like Kierkegaard and Heidegger made melancholy a pivotal point in their thinking. Both philosophers have a very ambivalent relationship to melancholy: with them, human existence is conceived as a radically melancholic one, closely connected to the phenomena of boredom and despair. For them, man only seems to come to himself completely through melancholy, even if this has to be fought for in a very uncomfortable and suffering way. Only the existential form of melancholy gives rise to self-knowledge and philosophical thinking and places the human being in a special relationship to time and society. How philosophy can profit from melancholy, which test of suffering man must experience in the process and to what extent this can also be connected to today's popular culture will be worked out in this article.

**Keywords:** melancholy, despair, boredom, philosophy, self-knowledge

**Bio**

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