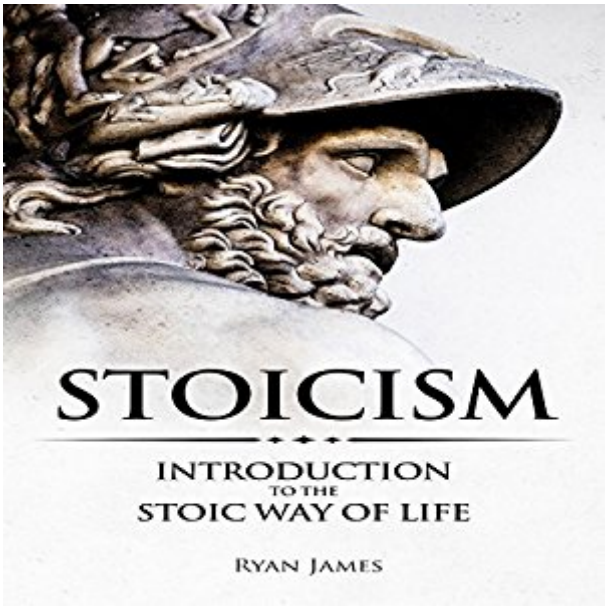
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Stoicism: Introduction To The Stoic Way Of Life



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Synopsis

Stoicism may be an ancient philosophy, but it is one that has even more relevance to our daily lives now that we are in the modern world. Too often we find that we aren’t able to control our lives, control the events that go on, or even control the people and how they act. But with stoicism, we learn that we can control some things, such as our emotions and our reactions, and this can help to lead us to happiness. In this guidebook we are going to learn the basics of using stoicism in your daily life and how this ancient philosophy is going to work to make you feel happier. Some of the things that we will talk about include: What is stoicism Recognizing the things that are under your control How to conform to your own reality Understanding how your emotions work The importance of freedom of will. Learning how to be calm when there is adversity around Learning how to make the best of all situations How to use stoicism in order to make your life better How to use the process of neuroplasticity to change around your mind and how you react to things How to use affirmations to help with stoicism Simple ideas to implement some of the stoic philosophy into your daily life When you are ready to find the true happiness that belongs to you and bring some of the stoic ideas into your life, make sure to listen to this guidebook and learn just how great it can be to live the stoic way of life. Start living the stoic life today.

Book Information

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Customer Reviews

I spent about ten years studying Christian theology & religious philosophy finally becoming agnostic and living without a "philosophy of life." I’m very slow to adopt life principals since I see so many

dangers in their extremes. With that said, this book challenged my views. It showed that it was possible to have a philosophy of life and be a reasoning, science loving, secular materialist who desires to remain open to new discoveries. Since reading this book, I've moved into reading Seneca and I'm having more and more joy each day.I would suggest only two improvements to this book:1. Move the background of Stoicism to the back of the book since it was a cluttered mess that you had to get through before you read the principals that might motivate you to learn more about its history.2. That the author prescribed a less radical version of Stoicism. He's obviously entitled to his opinion but I believe a less dogmatic approach would be more persuasive. For myself, I find taking any idea to the extreme usually leads to some error. I think it's okay to pick and choose your Stoicism and I believe the author agrees.Things I enjoyed about this book:1. Provided me with a framework for understanding the Stoic authors and gave a good grounding in Stoicism which saved me a lot of time. This is the real value of this work.2. The illustrations and practical nature of the book are pure gold. The way the author works out applying Stoicism in his own life is "well played." I loved the counter-intuitive bits, ie. being harsh for the purpose of education without yourself becoming angry and there are many of these truly enjoyable moments.3. The reading recommendations are so very useful.

This is very impressive book to be read! This is a thoughtful and well written book on the topic and Philosophy is one of my favorite subject and this book provided the basic tenets of stoicism which is an ancient philosophy. It explained how it was founded and how its principles are being used today. However, it is in our discretion whether to follow it or not and I must say this is an interesting book to read as it has a deeper understanding of what life is and it can also be a guide to a better decision making and i have always considered Stoicism a complicated subject and I find it a hard one to study so I make sure to read books about it and what is okay with this book is that it is an ex-Spy's guide, the more reason that I should read it further and I learned a lot! Get this if you want a quick clear insight to a stoic philosophy, wisdom, happiness and fulfillment.

Very impressive book! In this book, I found an instrument for self-control. And this is not something new, this philosophy came to us from Ancient life. This is really astonishing book when this book applying in particular life and ace life either use in both life you should twist up apparently convincing in light of the way that you comprehend that how to do constraint in the all above situation. This book will discuss some of the many ways that you are able to add stoicism into your own personal life. This guide book is going to talk about simple ways to take the stoic philosophies

and learn how to make them a part of your habits. I hope you must find this book helpful.

I heard this topic on my Philosophy class when I was in college, and I honestly didn't get the whole concept of it. Reading this book made me understand stoicism more and how it can affect your daily life greatly. It's more of a topic that involves self-control, which is very helpful to most people nowadays. With this book I'm not only able to know more about this philosophy but also learn how to adopt it. I'm learning more about my emotions and reality. Nice book ÃƒÂ Ã Å¸Ã â ™Ã â “

Stoicism originated as a Hellenistic philosophy, founded in Athens by Zeno of Citium. It was influenced by Socrates and the Cynics, and it engaged in vigorous debates with the Skeptics, the Academics, and the Epicureans. The name comes from the Stoa Poikile, or painted porch, an open market in Athens where the original Stoics used to meet and teach philosophy.Great informative book to implement the stoic philosophy into our daily life.

It is a very good introductory book to Stoicism, although it is very short and basic. I would recommend it only for people that have no knowledge in Stoicism and/or are in that curiosity phase. For people who are already practicing stoicism or are more versed in its philosophy, this book would be considered way too basic, with layman language and very superficial comparison and applications of practical stoicism. Nevertheless, it was a good read.

I spent about ten years studying Christian theology & religious philosophy finally becoming agnostic and living without a "philosophy of life." This is a thoughtful and well written book on the topic and Philosophy is one of my favorite subject and this book provided the basic tenets of stoicism which is an ancient philosophy. This book will discuss some of the many ways that you are able to add stoicism into your own personal life. I'm learning more about my emotions and reality. Nice book ÃƒÂ Ã Å¸Ã â ™Ã â “

The book is a valuable, pragmatic use of stoicism. It is efficient and pleasant as writer appears to be a warm companion, laying out the case for the peruses to embrace some theory on the best way to live and offering an adjusted point of view on stoicism as just one of those methods of insight. The book has a tendency to be dull and any mindful peruser will get the writer's focuses right on time in a section so don't falter to speed read partitions.

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