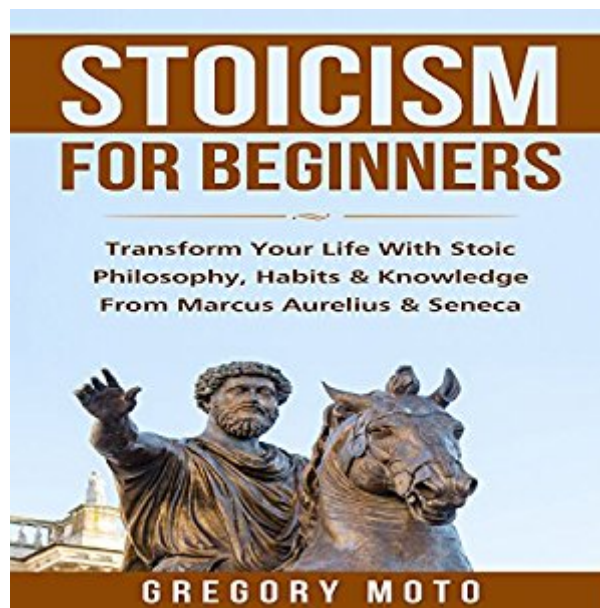


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# Stoicism For Beginners: Transform Your Life With Stoic Philosophy, Habits & Knowledge From Marcus Aurelius & Seneca



## Synopsis

Stoicism for Beginners - Ancient Actionable Advice to Improve Your Life! Are you ready to learn everything you need to know about the mindset and wisdom of the ancient Stoics? If so, you've come to the right place. Here's a preview of what I'm about to teach you in Stoicism for Beginners:

An Introduction to Stoicism - Understanding What a Stoic Actually Is The Principles of Stoic Philosophy Including the Logic, Physics, and Ethics Followed Seneca on Stoicism - The Happy Life, Wisdom, The Merits of Virtue and Life Epictetus on Stoicism - The Ethical Worldview, Metaphors for the Stoic Life, What We Can Control, Making Progress in Life and the Four Unifying Principles Marcus Aurelius on Stoicism - Meditations and Summaries of His Texts Stoicism in the Modern World Quotes from the Greats - Including the Founders of Stoicism, the Roman Late Stoics, and Modern Authors Much, Much More!

## Book Information

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## Customer Reviews

One of the best books I have read in a long time. At 51 years old, I have tried TM, Buddhist meditation and religion to help with my angst and worrying. This book clearly explains how to live a virtuous life and stop worrying about things that you have no control over. It has a few typos here and there, but you will easily overlook them as the quality and benefit you get from this book is amazing. This book is better than going to a therapist. This is a book you will read several times and it is the gateway to start reading about all the other Greek philosopher stoics. Just like geometry was created thousands of years ago, this method of getting your brain right is better than any therapy or pills can provide today. The old ways of doing things cuts through today's BS methods.

My new interest in life is to study the Greek stoics which began with this book. Next will be Marcus Aurelius and then Seneca. Buy it, read it, live it.

Modern Stoicism as seen in the late twentieth century to the early twenty-first century is linked more to psychology than to its roots in philosophy. It has influenced advances in Cognitive Behavioral Therapy (CBT). It is also found modern application in military ethics. The emphasis is not on keeping hope alive, which only leads to depression and despair. Rather, Stoic thought teaches that it is best to confront the sad reality as this is part of one's duties as a soldier in service to the state. It is a very strong military mindset that values self-discipline and endurance.

I was like is it really possible to have stoicism in my life. I am a very busy person, and I want to learn how I can control my emotions without showing any feeling, so I borrowed this book from a friend of mine. Well I had a very good read and got many tips on stoicism. I found these principles and philosophy very realistic and it is going to be very useful in my life. It taught me step by step to make habit of these principles. Anyone can read this book as it is very informative and useful. I am going to implement these principles on my life.

I'm always looking to improve my life and my happiness! I'm thankful I picked up this book as it has some great ideas I plan on putting into effect! I am now all in and this short volume was crucial in motivating me to follow wherever Stoicism might lead me. Highly recommended!

I wished it was more in depth. It was or of a quick skim of the surface than an introduction.

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