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When you read Thomas Beckett's Stoicism: Ultimate Handbook to Stoic Philosophy, Wisdom, and Way of Life, you'll discover the history of this ancient philosophy, its relationship to God, and how it can improve your life. By following the basic tenets of Stoicism, you can reduce and remove: - Stress - Judgement - Anger - Worry - Incompetence - Disappointment It's time to free yourself from negativity and life a proud, happy life!

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Stoicism: Ultimate Handbook to Stoic Philosophy, Wisdom, and Way of Life describes the core philosophies of Stoicism in simple, easy-to-understand language: Control what you can ; Knowledge will save you ; Outcomes are within ; Honesty is a virtue ; Hope never dies ; And many more! You'll also discover the four cardinal virtues of stoicism: Wisdom : Courage

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Stoic metaphysics and epistemology led to Stoic ethics, and this book talks about that briefly but does not address it in a consistent way. Beckett's writing is easy to read and al This is not so much the "ultimate handbook" but more of "the practical application of late period Stoicism to modern life with assumptions brought over from positive psychology."

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Stoicism: Ultimate Handbook to Stoic Philosophy, Wisdom ...

in the modern world, using this handbook as your guide. The handbook was developed by our "Stoicism Today" group, which was formed in 2012. We are a multi-disciplinary team of academic philosophers, classicists, professional psychologists and cognitive therapists, with a special interest in applying Stoic concepts and practices to the challenges of

Stoic Week 2016 Handbook - Modern Stoicism

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Stoicism: Ultimate Handbook To Stoic Philosophy, Wisdom ...

Part 1: Quick History Lesson of Stoicism Stoicism was a school of ancient philosophy founded in Athens by the Phoenician merchant Zeno of Citium around 301 BC. It was originally called Zenonism but came to be known as Stoicism because Zeno and his followers met in the Stoa Poikilé, or Painted Porch.

What is Stoicism? A Definition & 10 Stoic Key Principles

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