



## Stoicism: Unlock Happiness with the Stoic Way of Life (Paperback)

By Robert Wang

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The ancient philosophy of Stoicism has been helping people live happier lives for more than 2,000 years. From its early origins in Athens as a sect of thinkers inspired by Socrates to its later popularity among all classes in imperial Rome, Stoicism was one of the most influential systems of thought in the ancient world. Followers of Stoicism have included slaves like the great philosopher Epictetus as well as rulers like the Roman emperor Marcus Aurelius. Stoicism was such a popular philosophy because it wasn't abstract or theoretical. The Stoics claimed to have the secret to happiness and to be able to teach it to anyone who listened. For many centuries, the powerful ideas of Stoic philosophy were known only to the few who had read these ancient texts. Now Stoicism is back, and gaining rapidly in popularity. Modern people are attracted to Stoicism because it offers real solutions, strategies anyone can use no matter what their background in life. By using these strategies and learning to think like a Stoic, you can overcome the power of negative thoughts and attitudes...



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