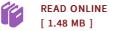




Letters from a Stoic

By Lucius Annaeus Seneca

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.How to Live a Happy Life, One Stoic Moment at a Timelt s not how much you make, it s how you live. Letters from a Stoic is a first-person look into how an experienced Stoic applies philosophy to ordinary life and the world around him. From it you not only learn the core tenets of Stoicism, but get to witness the intellectual practice of someone who s who s wholly devoted to cultivating his mind, mastering philosophy, and achieving long-lasting happiness. The Stoics are not out to banish the emotions; they are out to reduce, to the extent possible, negative emotions, such as feelings of anger or grief that will disrupt our tranquillity. They value positive emotions, with feelings of joy being at the top of their list. Seneca s thoughts on the human condition seemed like they could have been written today. Except for some dated Roman references, here is a man trying to define how to live, in what we today would call quot; the secular society.quot; He was priveleged, ego centric, and all...



Reviews

It is straightforward in read through better to fully grasp. I really could comprehended everything out of this composed e publication. Your way of life period will likely be transform when you full reading this article publication. -- Merl Jaskolski II

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Createspace, United States, 2013. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****. You have the power, Dad, to influence and educate your child. You can teach your child about a virtue or...

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Character Strengths Matter: How to Live a Full Life

Positive Psychology News, United States, 2015. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. What are the elements of good character? The Values in Action (VIA) project identified 24 qualities such as...