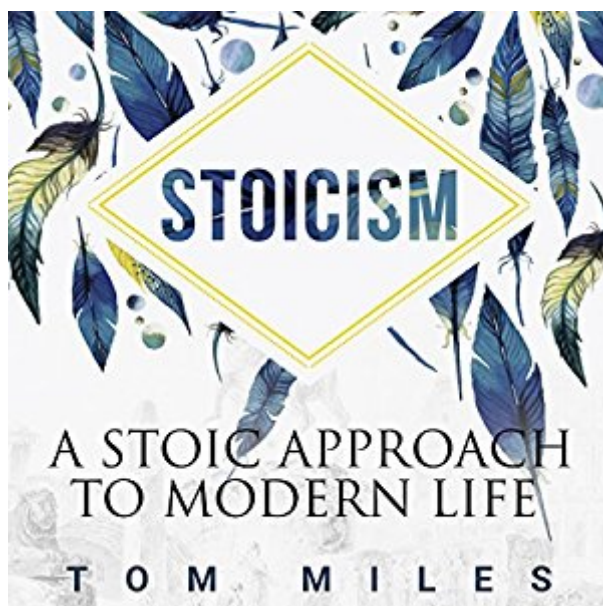


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# Stoicism: A Stoic Approach To Modern Life



## Synopsis

It's a well-recorded phenomenon that words are liable to develop different meanings in common modern usage compared to those they had their origins and how people "in the know" would use them. This is doubly true for philosophical concepts - the word Epicurean, for example, has been transmuted from identifying the very sober and level teachings of the Greek philosopher Epicurus to being a synonym for wanton pleasure-seeking and hedonism. Stoicism hasn't suffered as severe a distortion. The modern understanding of what it means to be stoical is never showing any form of outward emotion regardless of all circumstances, good or bad, and indeed not having any emotions whatsoever. The entire species of the Vulcans in the popular science fiction franchise Star Trek exemplifies the popular definition. But it's easy to recognize an absence of outward emotion as not necessarily being a good thing; it is possible, after all, for someone to have a calm and blank exterior and yet be screaming inside. Having no internal emotion at all is also a less-than-ideal situation, as well. Without emotion, how could one possibly enjoy life? Being immune to the negatives and vicissitudes of life in this way is something we can all stand to benefit from. Our modern lives are so full of worries and insecurities, and peace and fulfillment are something most people try to find outside of themselves. Stoicism teaches that these are things we can only find from inside ourselves, and gives us the tools and mindset necessary to build them up. What this audiobook will endeavor to do is to introduce the philosophy of Stoicism to the modern person and make a case for how it can drastically improve our outlook and quality of life.

## Book Information

Audible Audio Edition

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## Customer Reviews

An interesting way at looking at life, some of which I have adapted to my life as it currently is.

Readable, but too shallow

Short book but nothing wasted I discovered I am a Stoic The larger sense not the smaller

Pro: Good introduction to practical Stoicism. It covers the basics in a quick-to-read length. If you are new to Stoicism, this is a good way to learn some insightful ideas that you can apply right away. I admire the author for taking a pretty broad topic and condensing it well. Con: This book could have been vastly improved by a complete end-to-end editing. One example: "This is the central, core principle around which Stoicism is built around..." I read that sentence three times when I came to it, and spent more time thinking about how poorly worded that was than about the message. This happened to me half a dozen times throughout the book. Also, I could be wrong, but my impression is that this book is in some ways a condensed version of William Irvine's Book "A guide to the good life." It even uses Irvine's term "Negative Visualization", for imagining bad things as a way to psychologically brace oneself. By contrast, Irvine's book is extremely well edited and I recommend it, or Donald Robertson's book "Stoicism and the Art of Happiness", or the excellent "Stoicism" by John Sellars for readers who start with Tom Myles and want a more thorough treatment.

I am a former Law Student and avid reader...especially on the topics of self appraisal, consciousness, self help, and the principles of Stoicism. As a small but information filled discourse, I found this book to be excellent (thus the stars). I intend to keep this one active on my E reader for some time to come, as I perceive it to be of value to me (and others!) as a definite reread!! I enjoyed the simple, yet effective approach to the basics of the Stoic philosophy...all the building blocks were touched upon in a manner that will doubtless benefit any interested and dedicated reader, without pages and pages of needless gobbledegook (as we call drösch!) I highly recommend this treatment on the subject to any reader wishing to touch upon this noble, I believe, philosophy of life. Enjoy!!!  
Sincerely, Cal Tieg Los Angeles, CA.

I loved this book. Short, to the point. A great overview of stoicism and how to apply it to your life. If you want to learn how to make yourself less disturbance by external circumstances, this is a great book.

This is a very interesting read on stoicism. Personally i thought the mindset tips section was brilliant and very well explained through each chapter. Get this if you want a clearly insight to a stoic life.

I highly recommend this delightful little book. It is so full of wisdom and direction for leading a more fulfilling life.

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