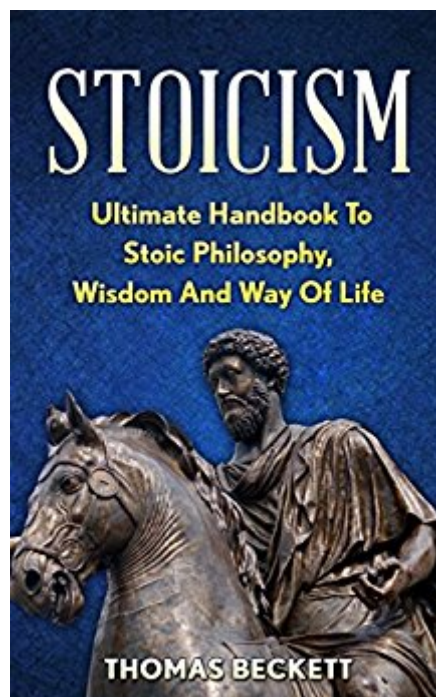




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Stoicism: Ultimate Handbook To Stoic Philosophy, Wisdom And Way Of Life (Stoicism 101, Stoicism Mastery, Modern Day Stoic)



Synopsis

Embrace the Wisdom and Lifestyle of the Ancient Stoics! Read this book for FREE on Kindle Unlimited - Download Now! What is Stoicism? Who were the Stoics? What do they believe? When you read Stoicism: Ultimate Handbook to Stoic Philosophy, Wisdom and Way of Life, you'll discover the history of stoicism and how the Stoics relate to God. Is stoicism right for you? What can you learn from these ancient masters? Stoicism: Ultimate Handbook to Stoic Philosophy, Wisdom and Way of Life describes the core philosophies of the stoics:
• Control What You Can
• Emotions and Outcomes Exist Within
• Honesty is a Virtue
• Hope Never Dies
• Knowledge Will Save You
• Mindfulness is Important
• Seek Morals, Not Awards
• Stop On Time
• Every Day Is A New Day
You'll also learn the 4 Cardinal Virtues Of Stoicism:
• Wisdom
• Courage
• Justice
• Temperance
What can Stoicism do for you in your everyday life? Stoicism: Ultimate Handbook to Stoic Philosophy, Wisdom and Way of Life also describes how Stoicism can help you in today's world. This ancient tradition can help you through tough times by teaching you to build your mental and physical strength and be a great leader. Also, you'll find that most religions agree with the philosophies and practices of Stoicism. Practicing Stoicism can help you cope with many negative emotions:
• Stress
• Judgment
• Anger
• Worry
• Incompetence
• Disappointment
Download Stoicism: Ultimate Handbook to Stoic Philosophy, Wisdom and Way of Life NOW to find out about this amazing tradition that has stood the test of time. You'll be so glad you did!

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Customer Reviews

The author did a good job developing a breakdown of the core aspects of stoicism, making the philosophy approachable and easy to understand for a layman. The classic stoic texts can be difficult for modern readers to grasp. There were quite a few typos and some awkward choices of words, but overall the author managed to convey meaning. Some readers can be off put by the author's presentation of stoicism as a religion rather than purely as a philosophy. The approach, however, makes sense given the Ancient Greeks and Romans, who created and developed stoicism and many other philosophies, saw little distinction between the two. Classic stoicism especially includes a few tenants which could be considered religious. Overall, this is a good introduction to a very admirable philosophy and lifestyle.

The Greeks left us with a lot of knowledge about how life is to be lived, our place in the universe, and how that universe operates. They taught us ways in which we can employ our mental and physical strengths to attain the best in life while searching for ways to articulate the vastness of the reality we live in. In Stoicism, it leaves one of its most enduring legacies; a legacy that continues to inform thousands of people the world over. I am delighted to get the chance to read the book, this book is to educate you about the importance and purpose of the Stoic philosophy as a way to enhance your life, it can not only help you embrace life more fully, but it will also allow you to form your own opinions, based on your intimate self-knowledge. Recommended.

Upon reading this book I have realized some things I haven't ever thought before and at the same time gave me a better understanding of who I am. Considering the philosophy and life of Stoicism, it is the term of making decision about how to approach life. It is as a way of life. It is kind of difficult to understand Stoicism at first and in order for us to understand it fully we can re-read the book again or make it as a practice to follow what Stoicism indicates. However, it is in our discretion whether to follow it or not. I must say this is an interesting book to read as it has a

deeper understanding of what life is and it can also be a guide to a better decision making.

Speaking as a beginner to the world of both stoicism and philosophy literature, I felt that this book contains a rich core, bookended by some boring and repetitive parts. It starts off a bit uneventful, offering historical context for the Stoic philosophy: who were the most prominent stoics, where and when they lived, how they carried the teachings and molded them to their times. Not to say it isn't important, but I found it to be a boring way to start this book. One quarter of the pages in, the book gets really good when it starts talking more about what stoicism is, in practice. The part about the four cardinal virtues was my favorite, by far. Highlighted almost the whole thing. Then it gets a bit repetitive, as the author starts listing several different ways in which stoicism helps with this or that, or is awesome for this or that, or makes you happy in this or that way... In this part, the author sometimes sounds really preachy, in a not very good way, letting his excitement in some of the worst self-help clichés ever. Almost like "try this and you will never stop feeling happy ever again!" (Not an actual excerpt.) Still, I'm very happy to have read this and would recommend to everyone interested in learning about this seemingly smart way to live.

Stoicism was explained well by the author. There are lots of information to absorb in one sitting although the book is not too long. It is compact yet, I can say that it's full to the brim when it comes to expounding this philosophy/ lifestyle/ mindset. I have understood stoicism at the surface level and I am drawn to the subject with much interest. However, I need to reread the book again to appreciate the deeper ideas presented here. Generally, this is a very intellectual topic that is also best shared with a cerebral friend over a long friendly discourse.

I am fascinated by philosophy and have read books and taken online courses to create my foundation. One of my classmates recommended this book to strengthen my understanding and I decided to purchase and use it to supplement my knowledge. The author was expansive and engaging - from Chapter 1 my mind became encapsulated by the depth of the text. As some of the other reviewers have said, Thomas Beckett depicts Stoicism in a very accessible way, I have a very clear understanding. His style is pleasant and I was able to pace myself comfortably and read the book in 2 days. Ultimately, this book reinforced my appreciation and understanding of philosophy and its role in our lives. Likewise, this book was positive and upbeat and I will keep it in my library.

I found this book rather helpful and enjoyable to read. It's a good combination of the theoretical and

practical. This is a beautiful book in every way, starting with the cover image and design. It's an introduction to ancient Stoic philosophy with a focus on applying Stoic insights to modern life. The author provides a balanced and captivating treatment of Stoic ancient philosophy and practice, updated for the 21st century. This book is very useful for readers who are interested in getting a nuanced picture of Stoicism.

Philosophy is one of my favorite subject. This book provided the basic tenets of stoicism which is an ancient philosophy. It explained how it was founded and how its principles are being used today. I love how each topic was explained in this book, it was simple and easy to follow. I think the philosophy of stoicism as a whole is complex but this book provided the information that I need to know as a beginner. I can't wait to read more about stoicism and anything about philosophy. This book would be great for stoic philosophy beginners like me.

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