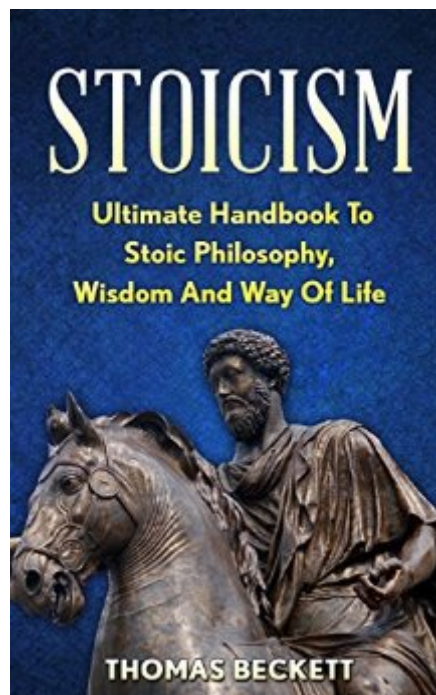


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Stoicism: Ultimate Handbook To Stoic Philosophy, Wisdom And Way Of Life (Stoicism 101, Stoicism Mastery, Modern Day Stoic)



Synopsis

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Book Information

File Size: 4289 KB

Print Length: 180 pages

Page Numbers Source ISBN: 1518742254

Simultaneous Device Usage: Unlimited

Publication Date: September 22, 2015

Sold by: Â Digital Services LLC

Language: English

ASIN: B015PBIQT0

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #73,677 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #9 in Books > Politics & Social Sciences > Politics & Government > Ideologies & Doctrines > Utopian #97 in Books > Politics & Social Sciences > Philosophy > Movements #71346 in Kindle Store > Kindle eBooks

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.

One of the significant lessons that I learned from this book is how to control my anger. Honestly speaking, I have an anger that usually controls me and not the other way around. As I reflect on the philosophy of Stoicism, I construe that my anger is not triggered by the circumstances that my life brings. This anger does not come from outside but it is a product of how I process my thoughts and emotions. They go hand in hand. You think what you feel and you feel what you think. Such realization tends to offer me a new way of looking at the circumstances that my life brings. I am more inclined now to think that the circumstances in my life bring opportunities for me to learn my emotions rather than bring destructive consequences. This is just my reflection and with best efforts, I am very hopeful that this way of thinking will bring more happiness into my life and a positive transformation as well. This is a great book and I hope all the readers will adapt this philosophy as a way of life to bring positive changes in their own lives.

Stoicism. What an interesting philosophy! "so unlike how most of us live today, I think. Can one completely live a stoic life? Perhaps Socrates could. But what about today? With the glut of today's stress-induced health problems, I can definitely see how stoicism would help anyone live a better, healthier life. For so many of us, we ride an emotional roller coaster as the ups and downs

of life drag us along. This book is an excellent resource. Easy to read. Well edited. It delves briefly into the history of Stoicism before digging into the guts of the topic: core philosophies, cardinal virtues. Then it takes a look at stoicism in today's society and wraps up with how to be a stoic and some key highlights. Overall an excellent, informative read particularly if you're the type who internalizes stress/emotions and needs to learn how to disconnect for the sake of your health.

I think these words "the history of stoicism and how the Stoics relate to God." got me interested in this book. Reading on topics like this one is always a learning curve for me, so I appreciate each book. This one specially. Although a bit technical, it was able to make me understand the core philosophies of the stoics, they were clearly discussed here. Also, in this book I was able to learn about the 4 Cardinal Virtues Of Stoicism, which are Wisdom, Courage, Justice, and Temperance. Profound learning.

This is indeed a very interesting read on the philosophy of Stoicism. The core philosophies of Stoicism are intended to be guidelines on the daily basis. It is the most thorough and complete book about Stoicism. I have an opportunity to peruse just about everything about Stoicism. The creator has included helpful data about it with respect to its history, religious convictions, and the Stoicism in the cutting edge world. The last a portion of this book about present day Stoicism was the most fascinating part. The stoics believed that there is just one God and is the all powerful. What I like after reading this is that being able to know that stoicism does not actively ask people to worship nature. I delighted in this useful book.

I personally learned a lot about Stoicism from this book. I think it has been comprehensive enough and was able to give a clear picture of how one will be able to use the knowledge in order to have a Stoic way of life. And I find the things I have read here very useful and will definitely help me too. Reading this book has been motivational. The topics have been like eye openers for me. Especially those about emotions, about controls, hope, honesty, and other more important stuff. I must say that I learned a great deal from this book on how to be Stoic in almost every aspect of my life.

This is my first review on any book purchase I have made by . I felt compelled to write it by how strongly I felt after reading this book. I was hoping for a much more deeper insight to Stoicism than what the author provided me with. Grammar and editing errors aside, and not to mention the very large font that is double spaced that only comes to a little more than 100 pages, this book lacks any

type of substance. It simply makes its point in the first ten pages, very vaguely and without proper instruction, and then regurgitates that same message for the next 90 pages. There were several gems in this book, and while I have already tossed it in the trash, I remember one of them being something along the lines of, 'The people from the Hellenistic era lived in a war torn period, and were tortured and beaten yet still were happy because of stoicism'. Really? The author paints the broad strokes but doesn't give specific examples. 'Stoicism got many of its practices from Christianity' This was mentioned multiple times in this book. How is this possible, if Stoicism was created by Zeno in 300BC?? The book was filled with generalizations. I have never written well and I admire and appreciate someone who can write a book and get it published. However, this book was written very poorly. I appreciate a simplistic breakdown of stoicism for the layman (me!) that is slightly easier to read than Meditations, but this has been so dummed down as to be unable to glean any insight from within. I guess I am being unduly harsh, and if this book has helped others then more power to them, but I just finished and want my money back, so that I can buy an actual resource on Stoicism that will help me on my journey.

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