



Stoicism: Cure Stress, anger, panic, depression and anxiety with stoic philosophy (Practical Philosophy, Guide for beginners, Virtuous life, Happiness, practical stoicism)

Poul West

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Use stoic philosophy and wisdom to manage your everyday emotions!

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In today's society there will be demands and distractions coming from every direction at any time of the day. It can be hard to feel like you're in control of anything and it can result in pure frustration. But trust me, there is one thing you can control, **and that's YOU**. By adopting stoic philosophy you will learn what it really means to be in control and you will learn to accept and adapt to all the things you can't control. The modern society is a chaotic place and I would recommend Here is a chunk from the subchapter "**Conform to reality**": "We often make travel plans assuming that there will be no traffic delays, assume that we won't burn the risotto while making supper, or set off on a hike without thinking that it might rain. Yet we have enough past experience to know that these are far from sure-fire outcomes. The Stoics advocate taking a very clear-eyed view of things. Stoicism is a realistic outlook, one that doesn't try to fight against the laws of nature or the facts about the world. Attempting to make reality conform to our wishes and desires is futile. The only sensible thing to do is to conform our expectations to reality. But this is not a philosophy of helplessness and powerlessness. Far from it. We should still strive to change the world for the better. In fact, one of the most famous Stoics, Marcus Aurelius, was the emperor of Rome, and he did not spend his tenure sitting on his hands waiting for the whole thing to blow by! The Stoics were men of action, they were doers. They did not give up their personal battles, their political quests, or their professional goals—they simply approached them with realistic expectations. We can try to effect change and work to improve things, but whether we succeed or not is out of our hands. It is up to us to eat better and exercise regularly so that we can stay healthy and fit, but it is beyond our control to guarantee that we won't become ill or injured. We can hold political rallies, vote according to our conscience, and engage in consciousness-raising campaigns, but we should do so while always being aware that political and cultural tides can shift away from progress despite our best efforts. It doesn't mean we shouldn't do these things—this is not a philosophy of resignation—it just means that there is no sense in acting entirely shocked and surprised when things don't pan out the way we wished. We should always remain aware that the outcomes are out of our control. We should, in other words, not put up a pointless fight against reality, but strive to live in harmony with it."

Here is what you'll learn in this book:

Part 1: Introduction to Stoicism

- The Historical Background
- What Is Stoicism?

Part 2: The Seven Themes of Stoicism

- Stoic Moral Philosophy
- Recognize What Is Under Your Control
- Conform to Reality
- Understand Your Emotions
- Freedom of the Will
- Live Virtuously
- Be Calm in the Face of Adversity
- Make the Best of Any Situation

Part 3: Using Stoicism to Better Your Life

- Expectations and Well-being
- Social Anxiety
- Fear of Death
- Achieve Your Goals
- Deal with Chaos
- Fight Depression

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Ernest Keeler:

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Patricia Nebeker:

Spent a free a chance to be fun activity to perform! A lot of people spent their leisure time with their family, or their very own friends. Usually they carrying out activity like watching television, gonna beach, or picnic inside the park. They actually doing same task every week. Do you feel it? Will you something different to fill your own free time/ holiday? May be reading a book could be option to fill your free of charge time/ holiday. The first thing that you ask may be what kinds of reserve that you should read. If you want to try out look for book, may be the publication untitled Stoicism: Cure Stress, anger, panic, depression and anxiety with stoic philosophy (Practical Philosophy, Guide for beginners, Virtuous life, Happiness, practical stoicism) can be good book to read. May be it can be best activity to you.

Joni Thompson:

This Stoicism: Cure Stress, anger, panic, depression and anxiety with stoic philosophy (Practical Philosophy, Guide for beginners, Virtuous life, Happiness, practical stoicism) is great publication for you because the content that is full of information for you who have always deal with world and get to make decision every minute. This particular book reveal it details accurately using great coordinate word or we can point out no rambling sentences within it. So if you are read that hurriedly you can have whole information in it. Doesn't mean it only offers you straight forward sentences but tough core information with splendid delivering sentences. Having Stoicism: Cure Stress, anger, panic, depression and anxiety with stoic philosophy (Practical Philosophy, Guide for beginners, Virtuous life, Happiness, practical stoicism) in your hand like obtaining the world in your arm, details in it is not ridiculous just one. We can say that no reserve that offer you world with ten or fifteen minute right but this e-book already do that. So , this really is good reading book. Hi Mr. and Mrs. occupied do you still doubt in which?

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