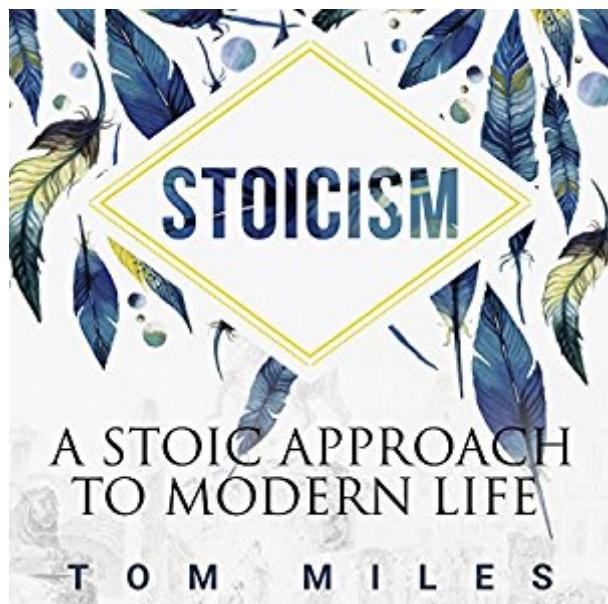


The book was found

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

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 Miles and want a more thorough treatment.

When you open the first page of the book there is a link to a free book. This book teaches you about stoicism. In chapter 1 it gives you a brief history of stoicism. Stoicism was born in the year 334 BC, by Zeno of Citium. Zeno worked for Socrates. Chapter 2 is about the stoical mindset. Zeno codified the meaning of stoicism. It generally meant is you take in whatever comes your way and remain having inner peace regardless of our surroundings. This is a very interesting book. Want to learn more this is a book for you .

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 gained a lot of practical insights by reading Tom Miles' book. It brings ancient wisdom into modern life. That gets five stars from me! My only criticism concerns Tom's derogation of the Law of Attraction. I have applied this Law to very good effect, sometimes with amazing results. A rational person with an open mind likely will discover that it works for anyone. As Principle, it works whether or not we are aware of it from day to day. Ernest Holmes, author of The Science of Mind, articulates the Law of Attraction incisively. Pseudoscientific? Hardly. Nebulous? Not in my experience! Try it for yourself and see. Combined with serious metaphysical inquiry, the product of a reasoning mind as extolled by the Stoics is a gift you give first to yourself and ultimately to as much of the world as you can reach. This short but powerful book helps you attain it. Well worth reading!

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.

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