



**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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**Jessica Wilson:**

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**Jennifer Shipley:**

Exactly why? Because this Stoicism: Cure Stress, anger, panic, depression and anxiety with stoic philosophy (Practical Philosophy, Guide for beginners, Virtuous life, Happiness, practical stoicism) is an unordinary book that the inside of the e-book waiting for you to snap that but latter it will shock you with the secret this inside. Reading this book next to it was fantastic author who have write the book in such awesome way makes the content inside of easier to understand, entertaining method but still convey the meaning fully. So , it is good for you for not hesitating having this ever again or you going to regret it. This amazing book will give you a lot of advantages than the other book get such as help improving your talent and your critical thinking method. So , still want to hesitate having that book? If I were being you I will go to the e-book store hurriedly.

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