



## Stoicism: A Friendly Beginners Guide to the Ancient Philosophy of Stoicism (Paperback)

By Jordan Jacobs

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Stoicism for Beginners: Taking up philosophy for a happy life BONUS - Get Your Free 10,000 Word Report on the Top 12 Superfoods A Friendly Beginners Guide To The Ancient Philosophy Of Stoicism Are you having frequent bouts of anxiety or depression? Do all modern therapeutic methods seem useless? Why not try Stoicism? Stoicism is an ancient Greek philosophy that has been hailed as a saviour of humanity. It is a philosophy practiced by ancient Greeks and Romans over 2000 years back and has not lost its appeal in the present century. Such is its power that it is applicable even in present day. Human suffering comes in different forms and the most dangerous is mental suffering. Stoicism has answers to most of our inner fears and anxieties. It can save us from self-destruction and guide us towards happiness unerringly. Greeks of ancient time suggest that the interpretations and beliefs we have influence our emotions. When we change the inaccurate, self-destructive and irrational beliefs, we can be free of emotional sickness. The deep-seated beliefs in us are mostly carried...



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