



Stoicism and the Art of Happiness (Teach Yourself: Philosophy & Religion)

Donald Robertson

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This new guide to finding a happier way of life draws on the ancient wisdom of the stoics to reveal lasting truths and proven strategies for enhanced well-being. By learning what stoicism is, you can revolutionize your life, learning how to - properly - 'seize the day', how to cope in the face of adversity, and how to come to terms with whatever situation you're in.

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