



## Stoicism Today: Selected Writings (Paperback)

By Patrick Ussher

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. From Stoic ethics to emotions, from Stoic mayors and mindfulness to practical philosophy, parenting, psychotherapy and prisons, from Star Trek and Socrates to Stoic lawyers, literature and living in general, this book brings together a wide-ranging collection of reflections on living the Stoic life today. You ll read advice on coping with adversity, reflections on happiness and the good life and powerful personal testimonies of putting Stoicism into practise. But you ll also read about the links between Stoicism and psychotherapy, Stoicism and mindfulness meditation and the unexpected places Stoicism can pop up in modern culture. This book will be of interest to both academics and non-academics alike and is about the varied ways in which the 2,300 year old philosophy as a way of life remains relevant to the concerns and needs of the present day.

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