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A Guide to the Good Life: The Ancient Art of Stoic Joy ...

A Guide to the Good Life is a modern rehabilitation of ancient Stoic philosophy. It is at once a history and survey of Stoic philosophy and an attempt to adapt it to modern times, trying to answer the question, “ How should I live? ” I read it when it was first published in 2009 and recently went back to see if it still resonates with me today.

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Author William B. Irvine | Submitted by: Jane Kivik. Free download or read online A Guide to the Good Life: The Ancient Art of Stoic Joy pdf (ePUB) book. The first edition of the novel was published in 2008, and was written by William B. Irvine. The book was published in multiple languages including English, consists of 326 pages and is available in Hardcover format.

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A Guide to The Good Life Summary. If you lack a grand goal in living, you lack a coherent philosophy of life. Tranquility is a state marked by the absence of negative emotions such as anger, grief, anxiety, and fear, and the presence of positive emotions—in particular, joy. “ Pay attention to your enemies, for they are the first to discover your mistakes. ” —Antisthenes.

Book Summary: A Guide to The Good Life by William B. Irvine

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