

# Stoicism And The Art Of Happiness: A Teach Yourself Guide (Teach Yourself: Relationships & Self-Help) By Donald Robertson

By Donald Robertson

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Author Donald Robertson provides a simplified modern guide on Stoicism, Donald Robertson. Stoicism and the Art of Happiness: Teach Yourself

<http://welldoing.org/article/stoicism-simplified-modern-guide>

Stoicism is a school of Hellenistic philosophy founded in Athens by Zeno of Citium in the early 3rd century BC. The Stoics taught that destructive emotions resulted

<http://en.wikipedia.org/wiki/Stoicism>

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One thought on Stoics are not Unemotional! Steven 3rd Aug, 2013 at 12:50. I m glad this misconception has been adressed by Donald Robertson.

<http://blogs.exeter.ac.uk/stoicismtoday/2013/08/03/perspectives-stoics-are-not-unemotional/>

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Apr 14, 1996 Stoicism was one of the new philosophical movements of the Hellenistic period. The name derives from the porch (stoa poikil ) in the Agora at Athens

<http://plato.stanford.edu/entries/stoicism/>

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Nov 30, 2013 Prominent business thinker Nassim Nicholas Taleb praises stoic philosophy in his Antifragile: Stoicism and the Art of Happiness:

<http://www.forbes.com/sites/carriesheffield/2013/12/01/want-an-unconquerable-mind-try-stoic-philosophy/>

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The Stoics believed that by controlling our minds, we can control our world and ultimately our destiny not unlike the law of attraction that has gained so many

<http://staying-ageless.com/?p=682>

Learn about the Stoicism Today team, an interdisciplinary group working together to provide modernised Stoic resources

<http://blogs.exeter.ac.uk/stoicismtoday/about/>

Posts about Epictetus written by Donald Robertson. See my forthcoming book Teach yourself Stoicism, Follow Stoicism and the Art of Happiness

<http://philosophy-of-cbt.com/tag/epictetus/>

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Stoicism and Hormetism both seem to be based on a realistic attitude towards life, acknowledging that there are going to be tough times. I think that Hormetism is

<http://gettingstronger.org/stoicism/>

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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 wellbeing.

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