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offers a refreshing
presentation of
Stoicism, showing

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how this ancient philosophy can still direct us toward a better life. Using the psychological insights and the practical techniques of the Stoics, Irvine offers a roadmap for anyone seeking to avoid the feelings of chronic dissatisfaction that plague so many of us.

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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

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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.

A Guide to the Good Life: The Ancient Art of Stoic Joy by ...
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the novel was
published in 2008,
and was written by
William B. Irvine. The
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Good Life consists of 326 pages
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Good to spice up their
love lives.

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lack a grand goal in
living, you lack a
coherent philosophy
of life. Tranquility is a
state marked by the
absence of negative

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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. ” —An tisthenes.

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