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Where can you find joy? Gain strength? How should we face our fears? Deal with the death of a loved one? And what about those reoccurring depressing thoughts?

While traditional schooling doesn't address such questions, it's exactly what ancient schools of philosophy were all about: They taught you how to live. Even though these schools don't exist anymore, you and I and most people are in as much need of a philosophy that guides us through life as we ever were.

This compelling, highly actionable guide shows you how to deal more effectively with whatever life throws at you and live up to your best self.

A mix of timeless wisdom and empowering advice, The Little Book of Stoicism will point the way to anyone seeking a calm and wise life in a chaotic world.

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