

The background of the book cover is a classical painting. It depicts a muscular, bearded man with grey hair, likely a philosopher, standing in a large wooden bath. He is wearing a white cloth around his waist. To his left, a man in a Roman helmet and a woman are looking at him. To his right, another man is partially visible. The scene is set in a dark, indoor environment.

ANCIENT PHILOSOPHIES

Stoicism

John Sellars

ROUTLEDGE

Stoicism Ancient Philosophies

Marcus Aurelius, Seneca, Epictetus



Stoicism Ancient Philosophies:

Stoicism John Sellars, 2014-12-05 This is the first introduction to Stoic philosophy for 30 years Aimed at readers new to Stoicism and to ancient philosophy it outlines the central philosophical ideas of Stoicism and introduces the reader to the different ancient authors and sources that they will encounter when exploring Stoicism The range of sources that are drawn upon in the reconstruction of Stoic philosophy can be bewildering for the beginner Sellars guides the reader through the surviving works of the late Stoic authors Seneca and Epictetus and the fragments relating to the early Stoics found in authors such as Plutarch and Stobaeus The opening chapter offers an introduction to the ancient Stoics their works and other ancient authors who report material about ancient Stoic philosophy The second chapter considers how the Stoics themselves conceived philosophy and how they structured their own philosophical system Chapters 3 5 offer accounts of Stoic philosophical doctrines arranged according to the Stoic division of philosophical discourse into three parts logic physics and ethics The final chapter considers the later impact of Stoicism on Western philosophy At the end of the volume there is a detailed guide to further reading

How to Be a Stoic Massimo Pigliucci, 2017-05-09 A philosopher asks how ancient Stoicism can help us flourish today Whenever we worry about what to eat how to love or simply how to be happy we are worrying about how to lead a good life No goal is more elusive In How to Be a Stoic philosopher Massimo Pigliucci offers Stoicism the ancient philosophy that inspired the great emperor Marcus Aurelius as the best way to attain it Stoicism is a pragmatic philosophy that focuses our attention on what is possible and gives us perspective on what is unimportant By understanding Stoicism we can learn to answer crucial questions Should we get married or divorced How should we handle our money in a world nearly destroyed by a financial crisis How can we survive great personal tragedy Whoever we are Stoicism has something for us and How to Be a Stoic is the essential guide

The Handbook (The Encheiridion) Epictetus, Nicholas P. White, 1983-01-01 From the Introduction Stoic philosophy of which Epictetus c a d 50 130 is a representative began as a recognizable movement around 300 b c Its founder was Zeno of Cytium not to be confused with Zeno of Elea who discovered the famous paradoxes He was born in Cyprus about 336 b c but all of his philosophical activity took place in Athens For more than 500 years Stoicism was one of the most influential and fruitful philosophical movements in the Graeco Roman world The works of the earlier Stoics survive only in fragmentary quotations from other authors but from the Renaissance until well into the nineteenth century Stoic ethical thought was one of the most important ancient influences on European ethics particularly because of the descriptions of it by Cicero through surviving works by the Stoics Seneca Marcus Aurelius and also Epictetus and also because of the effect that it had had in antiquity and continued to have into the nineteenth century on Christian ethical views Nowadays an undergraduate or graduate student learning about ancient philosophy in a university course may well hear only about Plato and Aristotle along perhaps with the presocratics but in the history of Western thought and education this situation is somewhat atypical and in most periods a comparable

student would have learned as much or more about Stoicism as well as two other major ancient philosophical movements Epicureanism and Scepticism In spite of this lack of explicit acquaintance with Stoic philosophers and their works however most students will recognize in Epictetus various ideas that are familiar through their effects on other thinkers notably Spinoza in our intellectual tradition , **The Art of Living** John Sellars,2013-10-16 Ancient philosophy was conceived as a way of life or an art of living but if ancient philosophers did think that philosophy should transform an individual s way of life then what conception of philosophy stands behind this claim John Sellars explores this question through a detailed account of ancient Stoic ideas about the nature and function of philosophy He considers the Socratic background to Stoic thinking about philosophy and Sceptical objections raised by Sextus Empiricus and offers readings of late Stoic texts by Epictetus and Marcus Aurelius Sellars argues that the conception of philosophy as an art of living inaugurated by Socrates and developed by the Stoics has persisted since antiquity and remains a living alternative to modern attempts to assimilate philosophy to the natural sciences It also enables us to rethink the relationship between an individual s philosophy and their biography The book appears here in paperback for the first time with a new Preface by the author **Stoicism, Enkrasia and Happiness** John L. Bowman,2011-05 Cicero wrote in Tusculan Disputations that we are born with the seeds of virtue which if allowed to ripen would lead us to a happy life Cicero 227 However as things are we find ourselves in a world of iniquity among a medley of wrong beliefs that inhibits the ripening process Cicero 227 The Stoics believed many of these iniquities and wrongful beliefs are the principal sources of unhappiness In America today some of these sources of unhappiness are manifest in the pursuits of wealth prestige power and sensual pleasure as well as the fear of unknown things such as death This thesis offers a solution to achieve greater happiness for those desiring to control their own destinies through reason self reliance and will power This solution is to adopt and practice Stoic philosophy This thesis first describes the ancient philosophy of Stoicism whose principle objective is to bring human felicity Stoicism s fundamental themes could be that the world is as we make it we should live in accordance with nature and we can achieve happiness through virtue The Stoics also believed that we are born with the ability to act enkratically which enables us to practice Stoic salubrious beliefs Through reason and other factors such as intuition imagination effort the ability to learn experience skill and habit this thesis argues that we can do what we will With Stoic philosophy and enkrasia this thesis concludes that many people can enhance their level of happiness **Stoicism: Ancient Philosophy for Wisdom, Joy, and Perseverance** Marcus Aurelius,Seneca,Epictetus,2018-07 This Stoic book contains works from Marcus Aurelius Seneca and Epictetus A great collection of writing on stoicism for anyone interested in stoic philosophy There are many other works on Stoicism however this collection is by far the best when it comes to Stoic reading **Stoic Warriors** Nancy Sherman,2005-07-01 Stoic Warriors explores the relationship between soldiers and Stoic philosophy exploring what Stoicism actually is the role it plays in the character of the military both ancient and modern and its powerful value as a philosophy of life Marshalling anecdotes

from military history ranging from ancient Greek wars to World War II Vietnam and Iraq Sherman illuminates the military mind and uses it as a window on the virtues of the Stoic philosophy Indeed this is a perceptive investigation of what makes Stoicism so compelling not only as a guiding principle for the military but as a philosophy for anyone facing the hardships of life

Practical Stoicism Nicholas Mayor, 2020-02-03 How would you feel if after all hard work and striving for many precious years you realize that you wasted your entire life To avoid such repentance the ancient yet effective philosophy of stoicism is the way to live the modern life You wouldn't be the first person to explore this unique way of living our history's greatest minds from George Washington to Frederick the Great to Ralph Waldo Emerson along with today's top performers including sport coaches to CEOs and celebrities have already embraced the wisdom of the ancient Stoics Stoicism is one of the most popular and successful schools of thought in ancient Rome and shows how this ancient philosophy and its insight is still significant for living our modern day lives THE PRACTICAL STOICISM is your step by step essential guide to teach you this ancient yet effective philosophy to help you selectively design your life full of wisdom and joy while persevering in the face of toughest situations and adversities This book will teach you the great wisdom of Stoic philosophers such as Seneca Epictetus and Marcus Aurelius This book is not merely simply explanation of the ancient philosophy but the key emphasis of the book is to give you research supported science backed practical and actionable tips to lead a stoic life THE PRACTICAL STOICISM is full of examples and life scenarios to help you understand this philosophy better so you can face the challenges of the world in the most practical way Here is what you will find in this book An explanation of stoicism with its brief history with key figures in Stoicism Why you should become a stoic in the modern world Learn how stoicism helps you to control emotions improve relations and handle social anxiety and pressures Discover how being stoic can help you improve decision making beat procrastination prioritize your work and get more done in less time Get to know the step by step approach with ten unique and practical steps to imbibe stoicism principles Learn how Counterclockwise study shows that the way you think impacts your physical health and mind Discover how Control Grid can help you analyze and handle your situations better Learn Remes study that shows that stress dissipates even in toughest situations when you choose to focus on something you can control How University of Texas Study proves that writing philosophical journal enables people to emotionally recover from any kind of hurt Why choosing some sort of discomfort voluntarily is the core of stoicism and how modern science research supports that for living life of gratitude Learn how to deal with destructive emotions and live joyfully Learn useful mindfulness and meditation techniques to fast track your journey to stoic life Explore the best ways to improve your understanding of stoicism philosophy THE PRACTICAL STOICISM as the name indicates is for the modern man to apply this ancient but effective philosophy to cope with the practical life challenges effectively and gracefully If you are sincere about leading a life of stoic wisdom and joy despite the harsh realities of life in the most practical way THE PRACTICAL STOICISM is your essential and fundamental guide Don't wait any more Now is your time to make a difference

and design your life the way you want *Reading Seneca* Brad Inwood,2005-06-16 Brad Inwood presents a selection of his most influential essays on the philosophy of Seneca the Roman Stoic thinker statesman and tragedian of the first century AD Including two brand new pieces and a helpful introduction to orient the reader this volume will be an essential guide for anyone seeking to understand Seneca s fertile wide ranging thought and its impact on subsequent generations In each of these essays Seneca is considered as a philosopher but with as much account as possible taken of his life his education his intellectual and literary background his career and his self presentation as an author Seneca emerges as a discerning and well read Stoic with a strong inclination to think for himself in the context of an intellectual climate teeming with influences from other schools Seneca s intellectual engagement with Platonism Aristotelianism and even with Epicureanism involved a wide range of substantial philosophical interests and concerns His philosophy was indeed shaped by the fact that he was a Roman but he was a true philosopher shaped by his culture rather than a Roman writer trying his hand at philosophical themes The highly rhetorical character of his writing must be accounted for when reading his works and when one does so the underlying philosophical themes stand out more clearly While it is hard to generalize about an overall intellectual agenda or systematic philosophical method key themes and strategies are evident Inwood shows how Seneca s philosophical ingenium worked itself out in a fundamentally particularistic way as he pursued those aspects of Stoicism that engaged him most forcefully over his career *Gender and Sexuality in Stoic Philosophy* Malin Grahn-Wilder,2018-02-21 This book investigates the Ancient Stoic thinkers views on gender and sexuality A detailed scrutiny of metaphysics ethics and political philosophy reveals that the Stoic philosophers held an exceptionally equal view of men and women s rational capacities In its own time Stoicism was frequently called the manly school of philosophy but this volume shows that the Stoics would have also transformed many traditional notions of masculinity Malin Grahn Wilder compares the earlier philosophies of Plato and Aristotle to show that the Stoic position often stands out within Ancient philosophy as an exceptionally bold defense of women s possibilities to achieve the highest form of wisdom and happiness The work argues that the Stoic metaphysical notion of human being is based on strikingly egalitarian premises and opens new perspectives to Stoic philosophy on the whole ***The Philosophy of Epictetus*** Theodore Scaltsas,Andrew S. Mason,2010-04-01 The Stoic philosopher Epictetus has been one of the most influential of ancient thinkers both in antiquity itself and in modern times Theodore Scaltsas and Andrew S Mason present ten specially written papers which discuss Epictetus thought on a wide range of subjects including ethics logic theology and psychology explore his relations to his predecessors including his two philosophical heroes Socrates and Diogenes the Cynic as well as the earlier Stoic tradition and examine his influence on later thinkers Written by some of the leading experts in the field the essays in this volume will be a fascinating resource for students and scholars of ancient philosophy and anyone with in an interest in the Stoic attitude to life ***Stoicism*** Ferdinand Jives,2018-01-19 Read more about Stoicism the ancient Greek philosophy that has made millions more disciplined balanced and happier Stoicism focuses

on using reason to understand the laws of nature and to bridle passions and overcome weaknesses addictions and tendencies that make us dependent on the world around us In that way Stoicism helps us achieve higher levels of success emotional control and a love for everything we encounter Stoicism is a great philosophy that can benefit everyone especially those who apply the key takeaways to their daily lives In this book you ll learn among others Why logic without any emotion lies at the root of this philosophy How Stoicism can help with traumas and chronic conditions The difference between Stoicism and other philosophies from ancient Greece Stoic quotes and thoughts The confusion around Stoicism and Marcus Aurelius the emperor of Rome What the school of Epicureans teaches And much more Stoicism has been practiced by wise intelligent men and women in the past It s time to see this Greek philosophy in a greater light and reap the benefits from it [The Stoic Life](#)

Tad Brennan,2005-06-23 Tad Brennan explains how to live the Stoic life and why we might want to Stoicism has been one of the main currents of thought in Western civilization for two thousand years Brennan offers a fascinating guide through the ethical ideas of the original Stoic philosophers and shows how valuable these ideas remain today both intellectually and in practice He writes in a lively informal style which will bring Stoicism to life for readers who are new to ancient philosophy The Stoic Life will also be of great interest to philosophers and classicists seeking a full understanding of the intellectual legacy of the Stoics Brennan starts from scrupulous attention to the evidence references are provided to all of the standard collections of Stoic texts He provides translations of the original texts with extensive annotations that will allow readers to pursue further reading No knowledge of Greek is required An introductory section provides context by introducing the reader to the most important figures in the Stoic school the philosophical climate in which they worked and a brief summary of the leading tenets of the Stoic system After this context is established the book is divided into three sections The first provides a thorough exploration of the Stoic school s theories of psychology focusing on their analyses of fear desire and other emotions The second develops the more centrally ethical topics of value obligation and right action The third part explores the Stoic school s views on fate determinism and moral responsibility For anyone interested in the origins of Western ethical thought who wishes to understand the vast influence that Stoic philosophy has had on philosophy and religion up to our time this book will be essential reading [How to Be Free](#)

Epictetus,2018-10-30 A superb new edition of Epictetus s famed handbook on Stoicism translated by one of the world s leading authorities on Stoic philosophy Born a slave the Roman Stoic philosopher Epictetus c 55 135 AD taught that mental freedom is supreme since it can liberate one anywhere even in a prison In How to Be Free A A Long one of the world s leading authorities on Stoicism and a pioneer in its remarkable contemporary revival provides a superb new edition of Epictetus s celebrated guide to the Stoic philosophy of life the Encheiridion along with a selection of related reflections in his Discourses Freedom for Epictetus is not a human right or a political prerogative but a psychological and ethical achievement a gift that we alone can bestow on ourselves We can all be free but only if we learn to assign paramount value to what we can control our motivations and reactions treat what we

cannot control with equanimity and view our circumstances as opportunities to do well and be well no matter what happens to us through misfortune or the actions of other people How to Be Free features splendid new translations and the original Greek on facing pages a compelling introduction that sets Epictetus in context and describes the importance of Stoic freedom today and an invaluable glossary of key words and concepts The result is an unmatched introduction to this powerful method of managing emotions and handling life's situations from the most ordinary to the most demanding *Topics in Stoic Philosophy* Katerina Ierodiakonou, 2001 Stoicism third century BC to second century AD is one of the richest and most influential intellectual traditions of antiquity Leading scholars here contribute new studies of a set of topics which are the focus of current research in this area They combine careful analytical attention to the original texts with historical sensitivity and philosophical acuity to provide the basis for a better understanding of Stoic ethics political theory logic and physics Whereas till recently the study of Hellenistic philosophy has been mainly a historical enterprise these essays demonstrate that a proper treatment of Stoicism engages us in philosophical questions of considerable current relevance and interest

Stoic and Epicurean Robert Drew Hicks, 1962 The ongoing popularity of Seneca's Letters from a Stoic and Marcus Aurelius's Meditations testifies to a continuing interest in Stoic philosophy Epicureanism offers the other side of the same coin and in spite of the obvious differences between the two philosophies it is easy to discern their fundamental similarities Both value practice over theory and acknowledge the worth of sense and experience Both seek answers to such questions as what makes for a good life and how to determine our place in the universe This classic work explores these still vibrant schools of thought in a scholarly but accessible style Author R D Hicks bases his exposition of the parallel systems of thought on independent study of the original authorities His treatment starts with an analysis of writings by early Stoics Zeno Cleanthes and Chrysippus and their successors Epictetus and Seneca A study of the rival school follows focusing on the teachings of Epicurus and Lucretius Subsequent chapters examine the conflicts and opposition that continually modified Stoic doctrine including the rise of Skepticism and Eclecticism The text is complemented by a select bibliography and a chronological table of noteworthy thinkers and writers From a later edition [Stoic Ethics](#) William O. Stephens, 2007-05-10 Soon after Aristotle's death several schools of ancient philosophy arose each addressing the practical question of how to live a good happy life The two biggest rivals Stoicism and Epicureanism came to dominate the philosophical landscape for the next 500 years Epicureans advised pursuing pleasure to be happy and Stoics held that true happiness could only be achieved by living according to nature which required accepting what happens and fulfilling one's roles Stoicism more than Epicureanism attracted followers from many different walks of life slaves laborers statesmen intellectuals and an emperor The lasting impact of these philosophies is seen from the fact that even today Stoic and Epicurean are household words Although very little of the writings of the early Stoics survive our knowledge of Stoicism comes largely from a few later Stoics In this unique book William O Stephens explores the moral philosophy of Epictetus a former Roman slave and dynamic Stoic

teacher whose teachings are the most compelling defense of ancient Stoicism that exists Epictetus philosophy dramatically captures the spirit of Stoicism by examining and remedying our greatest human disappointments such as the death of a loved one Stephens shows how for Epictetus happiness results from focusing our concern on what is up to us while not worrying about what is beyond our control He concludes that the strength of Epictetus thought lies in his conception of happiness as freedom from fear worry grief and dependence upon luck *Epictetus* A. A. Long, 2002-01-10 The philosophy of Epictetus a freed slave in the Roman Empire has been profoundly influential on Western thought it offers not only stimulating ideas but practical guidance in living one's life A A Long a leading scholar of later ancient philosophy gives the definitive presentation of the thought of Epictetus for a broad readership Long's fresh and vivid translations of a selection of the best of Epictetus discourses show that his ideas are as valuable and striking today as they were almost two thousand years ago The translations are organized thematically within the framework of an authoritative introduction and commentary which offer a way into this world for those new to it and illuminating interpretations for those who already know it Epictetus is known as one of the great Stoic thinkers But he took the life and conversation of Socrates as his educational model His Socratic allegiance scarcely examined before is a major theme of this ground breaking book Long shows how Epictetus offered his students a way of life premised on the values of personal autonomy and integrity Never a sermonizer Epictetus engages his students in brilliantly challenging dialogue Long offers the first accessible study of his argumentative and rhetorical methods This is a book for anyone interested in what we can learn from ancient philosophy about how to live our lives Pursuits of Wisdom John M. Cooper, 2012-05-27 This is a major reinterpretation of ancient philosophy that recovers the long Greek and Roman tradition of philosophy as a complete way of life and not simply an intellectual discipline Distinguished philosopher John Cooper traces how for many ancient thinkers philosophy was not just to be studied or even used to solve particular practical problems Rather philosophy not just ethics but even logic and physical theory was literally to be lived Yet there was great disagreement about how to live philosophically philosophy was not one but many mutually opposed ways of life Examining this tradition from its establishment by Socrates in the fifth century BCE through Plotinus in the third century CE and the eclipse of pagan philosophy by Christianity *Pursuits of Wisdom* examines six central philosophies of living Socratic Aristotelian Stoic Epicurean Skeptic and the Platonist life of late antiquity The book describes the shared assumptions that allowed these thinkers to conceive of their philosophies as ways of life as well as the distinctive ideas that led them to widely different conclusions about the best human life Clearing up many common misperceptions and simplifications Cooper explains in detail the Socratic devotion to philosophical discussion about human nature human life and human good the Aristotelian focus on the true place of humans within the total system of the natural world the Stoic commitment to dutifully accepting Zeus's plans the Epicurean pursuit of pleasure through tranquil activities that exercise perception thought and feeling the Skeptical eschewal of all critical reasoning in forming their beliefs and finally the late Platonist emphasis on

spiritual concerns and the eternal realm of Being Pursuits of Wisdom is essential reading for anyone interested in understanding what the great philosophers of antiquity thought was the true purpose of philosophy and of life

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