

USING ANCIENT
PHILOSOPHY TO LIVE A
MODERN LIFE

HOW
TO BE A
STOIC

MASSIMO
PIGLIUCCI

Massimo Pigliucci

How to Be a Stoic: Using Ancient Philosophy to Live a Modern Life



[continue reading](#)

In the tradition of *How to Live* and *How Proust Can Change YOUR DAILY LIFE*, a philosopher asks how ancient Stoicism might help us flourish today. Whenever we get worried in what to eat, how exactly to love, or simply how to be happy, we are worrying about how to lead a good life. By understanding Stoicism, we can learn to answer crucial questions: Should we get wedded or divorced? In *How exactly to Be considered a Stoic*, philosopher Massimo Pigliucci offers Stoicism, the historic philosophy that inspired the fantastic emperor Marcus Aurelius, as the ultimate way to attain it. How do we survive great personal tragedy? No goal is even more elusive. How should we deal with our money in a world nearly destroyed by a financial meltdown? Stoicism is a pragmatic philosophy that focuses our interest on what's possible and provides us perspective on what's unimportant. Whoever we are, Stoicism has something for us--and *How exactly to Be a Stoic* may be the essential guide.



[continue reading](#)

Modern Stoicism: An agreeable conversation Stoicism is helpful information to living a happy, peaceful, and fearless life. is also a credit card applicatoin of Stoic philosophy to a particular area of lifestyle – achieving personal independence. is really as applicable today as it offers ever been. For example, Donald Robertson's "Stoicism and the Artwork of Pleasure" and "The Philosophy of Cognitive Behavioural Therapy" explain Stoicism in particular contexts. If you are interested in Stoicism, I recommend this book. Stoicism doesn't want "improvement" but it does need to be expressed in current English and the good examples need to be updated so it is pertinent to modern lifestyle. My very own Anyone who tries to interpret Stoicism to a modern reader has this challenge: How to relate our current life situation to what the Stoics said some two thousand years back? It could be two thousand years outdated, but what it says – especially its way of life which the Stoics called "ethics" – William Irvine's "HELPFUL INFORMATION to the Good Life: The Ancient Artwork of Stoic Joy" requires a more comprehensive view of Stoicism. There is much to like in this reserve, but I sensed Irvine was unduly protective about Stoicism and deviated from it in a few aspects. Consequently, I was searching for a comprehensive reserve on Stoicism that would be true the original Stoic thoughts, but would express them in current English with contemporary examples, without having to be defensive about any of it. In Massimo Pigliucci's How exactly to be a Stoic, I came across such a book. and others). Here is why. 1. It is clearly written. Stoic thinkers were also exceptional communicators and good at expressing their thoughts. And there are plenty of translations of their functions which are also excellent. The writer, Dr Pigliucci, has a talent for expressing complicated, deep ideas in simple, understandable terms. Occasionally the sentences are too much time, the references as well obscure, and the illustrations too far taken off our encounter. Massimo's book, on the other hand, uses fairly shorter sentences, familiar terms, contemporary idioms, and good examples that are of instant relevance. It is better to examine and understand. 2. But, in addition, I admire the thinking of Massimo Pigliucci. The ancient Stoics faced imminent execution, exile, and arbitrary punishment. When Stoicism is explained using those examples, it can sound far removed from our concerns. We admit that books on philosophy will not rank on top of lists of "summer season reads. Massimo's agnosticism and concentrate on Epictetus as the principle exponent of Stoicism parallel my own approach to Stoicism. He departs, at least mentally, on part trips—personal good examples from his own existence that illustrate the application of Stoic perspectives, the sights of philosophers and scientists (Hume and Darwin are two such) whose sights problem Stoic assertions, and brief responses about Eastern and Western philosophies that contend with Stoicism for allegiance. A Pleasant Primer on Living a Principled Lifestyle Well I say it upfront: I love this compact little reserve. Unshakable Freedom: Old Stoic Secrets Put on Modern Life I see as a more meat and potatoes launch. Massimo uses a clever device to achieve this just like Epicteuts did. While Epicteuts had an imaginary conversation with Zeus, Massimo provides several imaginary conversations with Epictetus. Pigliucci brings his problems to Epictetus who then deconstructs them and shows how the Stoic solution does work. It's not an easy path, not because it's hard to be a Stoic, but because the habits of an eternity are stubborn rather than easy to improve. This work goes well with William Irvine's A Guide to the nice Life: the Ancient Art of Stoic Joy. To practice is Stoicism is not to end up being 'stoic' or unemotional or without care for tomorrow. So use chilly, hard logic on yourself. This works because it is immediate." How to become a Stoic might be just the guide one needs to find the path again. It is definitely easier to recognize yourself with somebody living today, leading a "normal" existence than with somebody who lived 2000 years back under very different circumstances. The book, in the tradition of Pierre Hadot, uses the framework of three disciplines of the Stoics: Desire, Action, and Assent. The search results included a lot of links to Stoicism, so I searched YouTube to hear a lecture onto it, distributed by Professor Pigliucci. Don't buy this book I was deceived by William Irwin's (the author of HELPFUL INFORMATION to Good Existence) blurb on the cover of this book. Then he goes on to discuss questions like: What does "living according to nature" mean? Having role versions can help us put stuff in perspective, therefore we are able to become

better humans. His very intimate account of how Stoicism improved his lifestyle was totally credible and inspiring. Most of all, does God can be found or is the universe a case of swirling atoms? Many examples the authors provides have no relevance to the topic or the book. As Epictetus says "Logic defeats anger, because anger, even when it is certainly justified, can quickly become irrational. Then the book progresses to the discipline of action or how exactly to live in this world. One method to achieve this is normally to remember that folks do bad things because they lack wisdom, instead of out of natural malice. Massimo mentions that the virtues of Stoicism may also be within various religions in fact it is vital that you preserve one's integrity. We have to develop compassion toward others. It starts discussing personality (virtue) and several examples such as for example Helvidius Priscus and Malala Yousafzai. Why is life "playing ball? This portion of the book concludes with an especially good and useful discussion of coping with disability and mental illness, and the relevance of Stoic concepts in such contexts. Do yourself a favor and if you are seriously interested in how to live more stoically, purchase William Irvine's "HELPFUL INFORMATION to the nice Life: The Ancient Art of Stoic Pleasure. We are bothered by loss of life because we are capable of contemplating it. Massimo believes that loss of life is unavoidable and takes concern with Ray Kurzweil (who believes in things such as extraordinarily extended life and singularity) for under no circumstances wanting "to keep the party. The Appendix portion of the book has a brief but useful outline of the Hellenistic schools of practical philosophy. after that moves on coping with anger, nervousness, and loneliness. Here he reprises the theory that folks do bad issues because they don't know any better. Without knowing anything about Stoicism, I was profoundly inspired by a quote from Marcus Aurelius, and bought an almost-free version of Meditations, returning to it from time to time, but have however to finish it. He prefers to become a skeptic, which should assure agnostics and atheists that the practice of Stoicism is open to anyone, believer or not really. It uses personal encounters to illustrate the principles Throughout the publication, Massimo uses personal encounters." Massimo also discusses like and friendship before concluding the section with practical exercises." If you are thinking or worried about death, you might want to go through this chapter. This not merely modernizes the Stoic illustrations, but points to solutions to issues that many people encounter. I've already bought my copy of meditations plus some contemporary stoic readings. The author pretends to have some stupid conversations with Epictetus in lots of elements of the book. An excellent read. Great! The third section of the book, the discipline of assent or how to react to situations, starts with a discussion of death and suicide. Fast-ahead to last month, or a little earlier. Once you have read that, then keep coming back because of this book. he was born and elevated in Italy and completed this book in Rome on a sabbatical). The writer of this reserve has distilled the concepts taught by all of these great authors right into a useful, readable book that you could read per day or two of your free time. It answers objections to Stoicism without having to be defensive. That is most likely because I have usually admired Stoicism as the ancient Western philosophical school many congenial to my very own life-perspectives and values. The examples make reference to problems we face today. Currently a Professor of Philosophy at CUNY, he holds doctorates in genetics, evolutionary biology, and philosophy, and is—in my own view—a superb writer. I've three other books of his: Tales of the Rational: Skeptical Essays About Nature and Research (2000), Denying Evolution: Creationism, Scientism, and the type of Technology (2002), and non-sense on Stilts: How exactly to Tell Technology from Bunk (2010). G Great Great introduction to stocism I thought this was a fantastic primer to the philosophy of stoicism. His style of writing is indeed bad that I didn't buy this book often, but then I produced the mistake. In it, Pigliucci introduces modern ideas to the ancient philosophy, like cognitive behavioral psychology, evolutionary biology and even more. The dialog is certainly in three primary sections: (1) The Self-discipline of Desire: What is Proper to Want rather than to Want, (2) The Discipline of Actions: How to Behave in the Globe, (3) The Self-discipline of Assent: How exactly to React to Circumstances. These three sections are subdivided into chapters. coping with topics such as "Living According to Nature," "God or Atoms," "Disability and Mental Disease," "On Loss of life and Suicide,"

“Like and Friendship,” and equivalent modern-day (perhaps ‘eternal’) issues—all discussed in 240 pages of text. I cannot think of a far more attractive introduction to the tenets of Stoic Philosophy and their request to one’s personal life journey. Pigliucci is not joined at the hip to Epictetus as they stroll through Rome.³ This is a useless book, don’t waste your cash. Epictetus; Massimo applies Stoicism to your current concerns.” Maybe How to be a Stoic can be put into reading lists for when the atmosphere provides more chill and existence seems more serious. Or you can leave it off any list entirely. I go through them both back again to back during the period of about two weeks. But this book could be a help in case you are in the situation Dante writes about in Canto I of the Divine Comedy, quoted by Pigliucci at the beginning of Chapter 1: “Midway upon the journey of our existence, I came across myself within a forest dark, for the simple pathway had been lost. It shows how he applied Stoicism in his own life. Good for Layman I’m not new to books on Stoicism, therefore I read this reserve as an addendum to the typical books everyone thinking about this philosophy is told to read. I am layman in this subject matter. Seneca; Readable launch to the philosophy. Good intro to contemporary Stoicism I was searching for a step by step book on how to approach contemporary Stoicism. This is not it, and Massimo obviously explains why there can not be any such thing. His writing design is apparent and I really like his ‘conversations’ with Epictetus. He very much enlightened my applying for grants what Stoicism could be like. What I must say I liked right here was the actual fact that the responses of the imaginary Epictetus aren’t a pale imitation of what Epictetus actually taught, but a clear interpretation of it. Since it was a brief and compelling book, I go through it in short amount of time at all, and found where I left off in this publication. As you can observe from the subtitles of the books above, Pigliucci’s tone appears to have become less formal, less academic, more—shall we tell you—chatty over time. If you want a good starting point, this is actually the book for you personally. I loved reading the book. Very practical, useful and easy to read I am reading philosophy the majority of my life, specifically stoics such as Aurelius, Cato, Cicero, Epictetus and Seneca. Consider this book even more of a journeyman’s instruction instead of an apprentice’s. Individually, I find the historic stoics to be difficult to understand, even in a good translation. Also, much of their guidance is specific to the ancient Roman Empire and tradition, which is radically not the same as every modern culture in lots of ways. This makes it quite crucial that you read deeper than the actual words to comprehend the concepts that they present. Despite its readability and simpleness, this book contains a huge amount of substantive material. The problem is, when 2,000-year-old texts are translated they sound stilted to the present day ear. He has done a great job of adapting the important concepts of historic stoic authors to modern, technologically sophisticated, free societies. He also provides many useful examples of using Stoicism in everyday life. There have been several attempts to get this done.” Right here Massimo discusses the dichotomy of control and just why it seems sensible. While Irwin’s book was perfectly written and practical, this publication is a complete waste. The writer really needs some help with composing. It is the “chatty” tone that’s present throughout How exactly to be considered a Stoic: Using Old Philosophy to Lead today’s Existence (2017) The informality of this intro to Stoic philosophy is definitely personal and conversational throughout, beginning with the modus operandi of the text: an imaginary dialog between Pigliucci and Epictetus (a worthy representative and proponent of Stoicism, indeed) because they walk the streets of Rome (if you surmised that Pigliucci is usually Italian you are most correct, of program; Reading it really is like walking with a friend, who procedures Stoicism, trying to describe to you what it really is all about and how it helped him in his own lifestyle. While Epictetus (and various other Stoics) were firmly in God’s camp, Massimo isn’t therefore sure. All is done informally, as though one was seated on a porch with Massimo on a warm summer time day discussing “existence” over lemonade, tea, or an alcoholic beverage (the latter in moderation, of course; Stoicism for the twenty-first century This book is a wonderful introduction to Stoicism in the twenty-first century. It is also a concise and short explanation of the history of Stoicism and the primary figures involved (Zeno; it really is, after all, Stoicism under dialogue). I just love the philosophy and how it has helped me, so

I think it's a good start for people like me. Marcus A. I acquired it yesterday, browse it overnight, and I love it.4. What Stoicism teaches is to not worry about issues which are beyond your control, like the weather, the actions of someone else, the time of your loss of life, etc. We tend to bog ourselves down with unneeded anxiety in today's society and we'd do well to target instead on the things which we can take part in, affect and donate to. The result is definitely a compelling picture of a Stoic way of life that is appropriate for modern life. Your decision. Do yourself the thanks to reading this insightful and engaging book. And consider practicing Stoicism - give yourself period for introspection. You will not regret it. Not Really a Guide Despite its title, this book is more of a rumination on the core tenets of stoicism rather than practical guide to living them. Great and incredibly helpful book. It offers you just enough of everything to truly get you going without being truly a scholarly work that could discourage someone interested in this philosophy. Will reread. Good book on the subject Very good book in stoicism and history of the time, although I like his YouTube videos better. An intensive and intimate treatment of Stoicism--also a useful reference with securing to! Think rationally about the situation to avert negative emotions." That book not only introduces you to all the great stoic thinkers (instead of simply Epictetus as Pigliucci does), it also contains exercises for practicing stoicism and is definitely written in a far more straightforward manner. There exists a strong focus on the Stoic Philosophy of Epictetus, a former slave.It begins with the essential premise of Stoicism that, "Some issues are up to us and others are not. I was impressed by what I heard. And was overjoyed to understand about this reserve that he wrote. A lifelong desire for wisdom got me googling Vulcan philosophy, because Spock was fairly wise, right? My mind (just how it works) jumped from this book to The Artwork Of Living, which I thought was a lovely interpretation for modern times. I find myself re-reading it, and happy to do therefore, finding more useful thinking emerging with each reading. Massimo Pigliucci shines through the entire text." Just how do preferred and dispreferred indifferents function? His thorough treatment of this philosophy, since it affects many areas of human experience, is a reference I will keep for the rest of my life, easily can.



[continue reading](#)

download How to Be a Stoic: Using Ancient Philosophy to Live a Modern Life pdf

download How to Be a Stoic: Using Ancient Philosophy to Live a Modern Life e-book

[download The Way We Eat Now: How the Food Revolution Has Transformed Our Lives, Our Bodies, and Our World djvu](#)

[download free The Boy Who Was Raised as a Dog: And Other Stories from a Child Psychiatrist's Notebook--What Traumatized Children Can Teach Us About Loss, Love, and Healing djvu](#)
[download free The Transforming Power Of Affect: A Model For Accelerated Change txt](#)