



"One of the best explorations of Stoic philosophy that
I've read." — TIM FERRISS, author of *The 4-Hour Workweek*

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



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In the tradition of *How to Live* and *How Proust CAN TRANSFORM Your Life*, a philosopher asks how ancient Stoicism can help us flourish today. Whenever we worry about what to consume, how to appreciate, or simply how to be happy, we have been worrying about how to lead a good life. No goal is more elusive. How should we deal with our money in a world nearly destroyed by an economic crisis? Whoever we have been, Stoicism offers something for us--and *How exactly to Become a Stoic* is the essential instruction. By understanding Stoicism, we are able to figure out how to answer crucial questions: Should we get wedded or divorced? In *How exactly to Be a Stoic*, philosopher Massimo Pigliucci offers Stoicism, the ancient philosophy that motivated the fantastic emperor Marcus Aurelius, as the best way to realize it. How do we survive great personal tragedy? Stoicism is normally a pragmatic philosophy that focuses our interest on what is possible and provides us perspective on what is unimportant.



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Modern Stoicism: A friendly conversation

Stoicism is a guide to living a happy, peaceful, and fearless lifestyle. It may be two thousand yrs . old, but what it says – especially its way of life which the Stoics known as “ethics” – is really as applicable today since it has ever been. Stoicism doesn’t want “improvement” but it needs to be expressed in current English and the illustrations need to be updated so it is relevant to modern life. There were several attempts to do this. And there are many translations of their functions which are also exceptional. My personal Unshakable Freedom: Old Stoic Secrets Put on Modern Life ” Right here Massimo discusses the dichotomy of control and why it makes sense. William Irvine’s "HELPFUL INFORMATION to the Good Life: The Ancient Artwork of Stoic Joy" takes a more comprehensive look at of Stoicism. Pigliucci isn't became a member of at the hip to Epictetus as they stroll through Rome. Consequently, I was searching for a comprehensive book on Stoicism that might be true the initial Stoic thoughts, but would exhibit them in current English with modern examples, without having to be defensive about it. In Massimo Pigliucci’s How to be a Stoic, I found such a publication. I got it yesterday, go through it overnight, and I love it. This section of the book concludes with a particularly good and useful debate of dealing with disability and mental disease, and the relevance of Stoic principles in such contexts. There exists a strong emphasis on the Stoic Philosophy of Epictetus, a former slave. It really is clearly written. Massimo’s agnosticism and concentrate on Epictetus because the chief exponent of Stoicism parallel my own approach to Stoicism. For instance, Donald Robertson’s "Stoicism and the Art of Happiness" and "The Philosophy of Cognitive Behavioural Therapy" explain Stoicism in particular contexts. The problem is, when 2,000-year-aged texts are translated they sound stilted to the modern ear. Fast-ahead to last month, or just a little previously. His very intimate accounts of how Stoicism improved his lifestyle was totally credible and inspiring. It is easier to browse and understand. 2. The examples make reference to problems we face today. It is the “chatty” tone that is present throughout How to be considered a Stoic: Using Ancient Philosophy to Lead a Modern Life (2017) The informality of this launch to Stoic philosophy is usually 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 roads of Rome (in the event that you surmised that Pigliucci is Italian you are most correct, needless to say; When Stoicism is described using those illustrations, it can sound far taken off our concerns. It starts discussing personality (virtue) and several illustrations such as Helvidius Priscus and Malala Yousafzai. Massimo Pigliucci shines through the entire text. He has done a great work of adapting the essential concepts of historic stoic authors to modern, technologically sophisticated, free societies. It answers objections to Stoicism without having to be defensive. A thorough and intimate treatment of Stoicism--also a useful reference with holding on to! Massimo runs on the clever device to achieve this just like Epictetus do. While Epictetus acquired an imaginary conversation with Zeus, Massimo has several imaginary conversations with Epictetus. So use frosty, hard logic on yourself. Think rationally about the problem to avert negative emotions. The author really requirements some help with composing. 4. And was overjoyed to understand about this book that he wrote. This works because it is immediate. among others). It is definitely easier to identify yourself with somebody living today, leading a “normal” lifestyle than with a person who lived 2000 years ago 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. It begins with the essential premise of Stoicism that, “Some factors are up to us and others are not. can be an application of Stoic philosophy to a specific area of existence – achieving personal independence. In it, Pigliucci introduces modern ideas to the historic philosophy, like cognitive behavioral psychology, evolutionary biology and more.” In case you are thinking or concerned about death, you might want to go through this chapter.” How do preferred and dispreferred indifferents work? Most of all, does God can be found or is the universe a case of swirling atoms? This work will go well with William Irvine's HELPFUL INFORMATION to the nice Life: the Ancient Artwork of Stoic Joy. He prefers to be always a skeptic,

which should assure agnostics and atheists that the practice of Stoicism is open to anyone, believer or not. Many good examples the authors provides have no relevance to this issue or the publication. Massimo applies Stoicism to your current concerns. Currently a Professor of Philosophy at CUNY, he retains doctorates in genetics, evolutionary biology, and philosophy, and is—in my own view—an excellent writer. We have to develop compassion toward others. One method to accomplish that is to understand that people do bad things because they absence wisdom, rather than out of natural malice. Having role models can help us put factors in perspective, so we are able to become better humans. Here is why. To apply is Stoicism is not to become 'stoic' or unemotional or without care for tomorrow. We are bothered by death because we are with the capacity of contemplating it. I've three other books of his: *Tales of the Rational: Skeptical Essays About Character and Research* (2000), *Denying Development: Creationism, Scientism, and the Nature of Research* (2002), and *non-sense on Stilts: How exactly to Tell Research from Bunk* (2010). Massimo believes that death is inevitable and takes issue with Ray Kurzweil (who believes in things like extraordinarily extended life and singularity) for under no circumstances wanting “to leave the party. Why is life “playing ball? after that moves on dealing with anger, anxiety, and loneliness. Right here he reprises the theory that people do bad issues because they don’t know any better. What I must say i liked right here was the fact that the responses of the imaginary Epictetus are not a pale imitation of what Epictetus in fact taught, but a clear interpretation of it. As Epictetus says “Logic defeats anger, because anger, even though it can be justified, can quickly become irrational. Pigliucci brings his worries to Epictetus who after that deconstructs them and displays how the Stoic solution does work. Personally, I find the historic stoics to be difficult to comprehend, even in a good translation. The Appendix portion of the book has a brief but useful outline of the Hellenistic schools of practical philosophy. Stoic thinkers were also exceptional communicators and good at expressing their thoughts. I liked reading the book. Reading it is like strolling with a pal, who methods Stoicism, trying to describe to you what it is about and how it helped him in his very own life. An excellent read. 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. Do yourself a favor and if you are seriously interested in how exactly to live more stoically, purchase William Irvine's "A Guide to the Good Life: The Ancient Art of Stoic Joy." That book not merely introduces you to all the fantastic stoic thinkers (rather than just Epictetus as Pigliucci does), it also contains exercises for practicing stoicism and is written in a far more straightforward manner. Once you have read that, then come back for this book. Then he goes on to discuss questions like: What does “living according to character” mean? Think about this book more of a journeyman's guidebook instead of an apprentice's. A NICE Primer on Living a Principled Life Well I say it upfront: I love this compact little publication. That's most likely because I've always admired Stoicism as the ancient Western philosophical school most congenial to my own life-perspectives and values. But, furthermore, I admire the thinking about Massimo Pigliucci. Massimo mentions that the virtues of Stoicism may also be found in various religions in fact it is important to preserve one’s integrity. As possible observe from the subtitles of the books above, Pigliucci’s tone seems to have become less formal, less academic, more—shall we say—chatty as time passes. The ancient Stoics faced imminent execution, exile, and arbitrary punishment. he was born and elevated in Italy and completed this reserve in Rome on a sabbatical). The dialog is usually in three primary sections: (1) The Self-discipline of Desire: What is Proper to Want and Not to Want, (2) The Discipline of Actions: How exactly to Behave on earth, (3) The Discipline of Assent: How exactly to Respond to Situations. He very much enlightened my thoughts on what Stoicism can be like. coping with topics such as “Living According to Nature,” “God or Atoms,” “Disability and Mental Disease,” “On Death and Suicide,” “Like and Friendship,” and related modern-day (perhaps ‘eternal’) problems—all discussed in 240 pages of text. I cannot think of a far more attractive introduction to the tenets of Stoic Philosophy and their practical application to one’s personal life trip. There is very much to like in this reserve, but I felt Irvine was unduly defensive about Stoicism and deviated from it in a few aspects. A

lifelong desire for wisdom had me googling Vulcan philosophy, because Spock was pretty wise, right? All is done informally, as though one was seated on a porch with Massimo on a warm summer time day discussing “life” over lemonade, tea, or an liquor (the latter in moderation, of course; it is, in the end, Stoicism under discussion). I admit that books on philosophy will not rank high on lists of “summer reads.” Perhaps How exactly to end up being a Stoic can be added to reading lists for once the air has more chill and life seems more serious. Or you can keep it off any list completely. Up to you. But this book is actually a help if you are in the problem 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 have been lost.” How exactly to end up being a Stoic might be just the guideline one needs to get the path again. Good for Layman I'm not new to books on Stoicism, so I read this book as an addendum to the standard books everyone thinking about this philosophy is informed to learn. I am layman in this subject. I just love the philosophy and how it has helped me, therefore i think it's an excellent start for folks like me. I've already bought my duplicate of meditations and some contemporary stoic readings. 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. What Stoicism teaches is to not worry about stuff which are away from control, like the weather, the actions of another person, enough time of your loss of life, etc. This isn't it, and Massimo clearly explains why there can't be such a point. The author of this reserve has distilled the concepts taught by all of these great authors right into a useful, readable book that you could read in a day or two of your spare time. These three sections are subdivided into chapters. It's not an easy path, not really because it's hard to be always a Stoic, but as the habits of a lifetime are stubborn and not easy to change. I find myself re-reading it, and happy to do so, finding more useful considering emerging with each reading. G Great Great introduction to stocism We thought this was an excellent primer to the philosophy of stoicism. The writer, Dr Pigliucci, includes a talent for expressing complex, deep ideas in simple, understandable terms. I discover as a far more meat and potatoes launch. Very useful, useful and easy to read I am reading philosophy the majority of my life, specifically stoics such as for example Aurelius, Cato, Cicero, Epictetus and Seneca. His writing style is clear and I really like his 'conversations' with Epictetus.” Massimo also discusses love and friendship before concluding the section with practical exercises. Also, much of their tips is particular to the ancient Roman Empire and culture, which is radically different from every modern tradition in many ways. This makes it vitally important that you read deeper than the actual words to comprehend the ideas that they present. Despite its readability and simplicity, this book contains a huge amount of substantive material. If you prefer a good starting stage, this is the book for you personally.3. He also provides many practical examples of using Stoicism in everyday life. If you are interested in Stoicism, I recommend this book. Don't buy this book I was deceived by William Irwin's (the author of HELPFUL INFORMATION to Good Lifestyle) blurb on the cover of the publication. While Irwin's reserve was perfectly written and useful, this publication is a total waste. The result can be a compelling picture of a Stoic life-style that is compatible with modern life. His design of writing is so bad that I didn't buy this book many times, but then I produced the mistake. The writer pretends to involve some stupid conversations with Epictetus in many parts of the book. Then the book progresses to the discipline of action or how to live in this world. This is a useless reserve, don't waste your money. Stoicism for the twenty-first century This book is an excellent introduction to Stoicism in the twenty-first century. It is also a concise and brief explanation of the history of Stoicism and the main figures involved (Zeno; And consider practicing Stoicism - give yourself time for introspection. Seneca; Marcus A. It shows how he used Stoicism in his very own life. The third portion of the book, the discipline of assent or how to react to situations, starts with a discussion of death and suicide. Good intro to contemporary Stoicism I was searching for a step-by-step book on how to approach modern Stoicism. The serp's included a lot of links to Stoicism, therefore i searched YouTube to hear a lecture on it, given by Professor Pigliucci. While Epictetus (and various other

Stoics) were firmly in God's camp, Massimo isn't so sure. I read them both back again to back over the course of about two weeks. Do yourself the thanks to reading this insightful and engaging publication. Epictetus; You will not regret it. Great! Great and very helpful book. Readable launch to the philosophy. Will reread. Good book on the subject Very good book about stoicism and history of the time, although I like his YouTube videos better. Anyone who attempts to interpret Stoicism to today's reader has this problem: How to relate our current life situation to what the Stoics said some two thousand years back? Without knowing anything about Stoicism, I was profoundly inspired by way of a quote from Marcus Aurelius, and bought an almost-free version of Meditations, time for it every once in awhile, but have yet to finish it. Sometimes the sentences are too much time, the references too obscure, and the good examples too far removed from our encounter. He departs, at least mentally, on side trips—personal good examples from his own life that illustrate the application of Stoic perspectives, the views of philosophers and researchers (Hume and Darwin are two such) whose sights problem Stoic assertions, and short comments about Eastern and Western philosophies that contend with Stoicism for allegiance. We have a tendency to bog ourselves down with needless anxiety in today's society and we'd do well to focus instead on the items which we can be a part of, affect and donate to. I was impressed by what I heard. It uses personal encounters to illustrate the principles. Throughout the book, Massimo uses personal encounters. 1. My mind (just how it works) jumped from this publication to The Artwork Of Living, which I thought was a beautiful interpretation for modern times. As it was a short and compelling reserve, I examine it in short amount of time at all, and found where I left off in this publication. This not merely modernizes the Stoic good examples, but points to answers to problems that many people encounter. Massimo's book, however, uses relatively shorter sentences, familiar phrases, contemporary idioms, and examples that are of immediate relevance. His thorough treatment of the philosophy, as it affects many areas of human knowledge, is a reference I will keep for the rest of my life, if I can.



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