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Stoicism and the Art of Happiness by Donald J Robertson

March 31st, 2014 - Just finished reading Teach Yourself Stoicism and the Art of Happiness 2013 by Donald J Robertson I decided to borrow a copy to learn and understand more about Stoicism the ancient philosophy that is the main opponent of Epicureanism thus serving as a good contrast book after Travels with Epicurus which I read earlier this year

New Book â€” Teach Yourself Stoicism and the Art of

October 25th, 2018 - Teach Yourself Build your Resilience 2012 Stoicism and the Art of Happiness is the product of Donaldâ€™s experience over the past fifteen years in his attempt to integrate the ancient wisdom of Stoic philosophy with modern evidence based approaches to psychological therapy and stress management

Teach Yourself Stoicism Second Edition â€” How to Think

November 11th, 2018 - Teach Yourself Stoicism Second Edition I wrote a book for Hodderâ€™s popular Teach Yourself series about five years ago called Stoicism and the Art of Happiness 2013 I tend just to call it Teach Yourself Stoicism for short

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