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in the modern world, using this handbook as your guide. The handbook was developed by our Stoicism Today group, which was formed in 2012. We are a multi-disciplinary team of academic philosophers, classicists, professional psychologists and cognitive therapists, with a special interest in applying Stoic concepts and practices to the challenges of

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Stoicism: Ultimate Handbook To Stoic Philosophy, Wisdom ...

Part 1: Quick History Lesson of Stoicism Stoicism was a school of ancient philosophy founded in Athens by the Phoenician merchant Zeno of Citium around 301 BC. It was originally called Zenonism but came to be known as Stoicism because Zeno and his followers met in the Stoa Poikilê, or Painted Porch.

What is Stoicism? A Definition & 10 Stoic Key Principles

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