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# Stoic Serenity A Practical Course On Finding Inner Peace

## By Keith Seddon

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**'home starting out with stoicism**

April 8th, 2020 - wele to starting out with stoicism this blog is intended to present the teachings of stoicism in a way that anyone can understand my goal is to present stoicism as a real life philosophy with real life application at the moment i am personally working through keith seddon s book stoic serenity a practical course on finding inner peace'

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June 4th, 2020 - modern stoicism is an intellectual and popular movement that began at the end of the 20th century aimed at reviving the practice of stoicism it is not to be confused with neostoicism an analogous phenomenon in the 17th century the term modern stoicism covers both the revival of interest in the stoic philosophy and the philosophical efforts to adjust ancient stoicism to the language and''ptypes irrational strategies for obtaining happiness

March 28th, 2020 - the personality types which prise the ptypes typology represent irrational strategies for obtaining happiness these strategies are irrational because they pursue things not in our power and involve false judgments seddon pg 88 of what is good and evil see g sterling in other words the irrational strategies consist of the pursuit of certain preferred indifferents or the avoidance of''**letters from a stoic by seneca free pdf booksane**

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