

STOIC SERENITY

A PRACTICAL COURSE ON
FINDING INNER PEACE



KEITH SEDDON

Stoic Serenity: A Practical Course on Finding Inner Peace, Keith Seddon, Lulu.com, 2007, 1847538177, 9781847538178, 204 pages. Readers who enter upon this practical course in the Stoic art of living will learn how Stoic principles are linked to real life, and how to enjoy the 'smooth flow of life' of the Stoic Sage who follows nature and holds to virtue, finding fearlessness, inner peace, and freedom from troubles. Readers will gain maximum advantage from the course if they acquire copies of Seneca's Letters from a Stoic (Penguin Books), and the Meditations of Marcus Aurelius (the Robin Hard translation from Wordsworth Editions is recommended). The text expands on a correspondence course previously made available by the Stoic Foundation. One student commented: 'I believe this course has changed my life, and I cannot thank you enough' - DN, Australia. The book is illustrated with pen and ink drawings..

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Stoicism, Enkrasia and Happiness How Stoic Philosophy Can Bring Happiness, John L. Bowman, 2011, Philosophy, 136 pages. This book is about the philosophy of Stoicism and how it can help people achieve greater personal happiness. There are many ways of living and thinking that lead to unhappiness

Heinlein in dimension a critical analysis, Alexei Panshin, 1968, Literary Criticism, 198 pages. From the early 1940s until his death in 1988, Robert A. Heinlein reigned unchallenged as the most influential contemporary author of science fiction. His first few stories

The New Personality Self-portrait Why You Think, Work, Love, and Act the Way You Do, John M. Oldham, 1995, Psychology, 449 pages. The only guide to personality types based on the American Psychiatric Association's just-published official diagnostic system--the DSM-IV--and written by one of today's leading

Time A Philosophical Treatment, Keith Seddon, Jan 1, 1987, Time, 166 pages. .

The Golden Book of Marcus Aurelius , Marcus Aurelius (Emperor of Rome), Meric Casaubon, 1898, Ethics, 227 pages. .

The Art of Living The Stoics on the Nature and Function of Philosophy, John Sellars, 2003, Philosophy, 228 pages. Examining the Stoic conception of philosophy as an art of living, with particular emphasis on the relationship between theoretical discourse and practical training Sellars

Marcus Aurelius , Marcus Aurelius (Emperor of Rome), 1902, Ethics, 288 pages. .

The Just Men of Cordova , Edgar Wallace, Jan 11, 2008, Fiction, 174 pages. There are crimes for which no punishment is adequate. The three friends, Pioccart, Manfred and Gonzalez, enjoy the exotic Spanish city of Cordova, but they are still committed

Grumbles from the Grave , Robert A. Heinlein, Dec 1, 1990, Biography & Autobiography, 352 pages. .

Emotion and Peace of Mind From Stoic Agitation to Christian Temptation, Richard Sorabji, 2002, Philosophy, 512 pages. Richard Sorabji presents a study of ancient Greek views of the emotions and their influence on subsequent theories and attitudes, pagan and Christian. It examines what emotion

Stoicism , St. George William Joseph Stock, 1908, Stoics, 109 pages. .

Epistulae Morales Ad Lucilium , Lucius Annaeus Seneca, 1969, Literary Collections, 254 pages. A philosophy that saw self-possession as the key to an existence lived in accordance with nature, Stoicism called for the restraint of animal instincts and the severing of

SENECA, V.04: EPISTLES EPISTLES 1-65, LUCIUS ANNAEUS SENECA, R.M. GUMMERE, Jan 31, 1970, , 488 pages. Seneca became famous in rhetoric, philosophy, money-making, and imperial service. We have Seneca's philosophical or moral essays (ten of them traditionally called Dialogues

Tarot for Lovers , Jocelyn Almond, Keith Seddon, Jan 1, 1996, Body, Mind & Spirit, 175 pages. Everyone longs to know what the future holds. The Tarot is the key to finding out about yourself, your emotional needs and your personal relationships..

Dialogues and Essays , Lucius Annaeus Seneca, Oct 11, 2007, Literary Collections, 263 pages. 'No man is crushed by misfortune unless he has first been deceived by prosperity.' In these dialogues and essays the Stoic philosopher Seneca outlines his thoughts on how to

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