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relationship to God,

and how it can

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Ultimate

Stoic metaphysics and epistemology led to Stoic ethics, and this book talks about that briefly but does not address it in a consistent way.

Beckett's writing is easy to read and al
This is not so much the "ultimate handbook" but more of "the practical

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modern life with
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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

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Part 1: Quick History

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Lesson of Stoicism

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