

Contents

Introduction	1
PART 1: WHAT IS STOICISM	9
Chapter 1: The Promise of Stoic Philosophy	11
Practice the Art of Living: Become a Warrior-Philosopher	12
Promise #1: Eudaimonia	14
Promise #2: Emotional Resilience	17
Tame Restricting Emotions (≠ Unemotional)	19
Practice Stoicism and Become more Tranquil as a By-Product	23
Chapter 2: A Quick History Lesson	26
The Most Important Stoic Philosophers	29
Seneca the Younger (c. 4 BCE – 65 CE)	30
Musonius Rufus (c. 30 CE – c. 100 CE)	32
Epictetus (c. 55 CE – c. 135 CE)	33
Marcus Aurelius (121 CE – 180 CE)	34
Chapter 3: The Stoic Happiness Triangle	36
The Stoic Happiness Triangle in A Nutshell	38
1. Live with Areté: Express Your Highest Self in Every Moment	40
The Perfection of Our Natural Potential	43
The Four Cardinal Virtues	47
Character Beats Beauty	51
The Stoic Love of Mankind: Act for the Common Welfare	53

2. Focus on What You Control: Accept Whatever Happens and Make the Best Out of It	56
The Stoic Archer: Focus on the Process	60
Stoic Acceptance: Enjoy the Ride or Get Dragged Along	63
The Good, the Bad, and the Indifferent Things	67
In Poker as in Life, You Can Win with Any Hand	71
3. Take Responsibility: Get Good from Yourself	73
The Freedom of Choice	76
The Mind Makes You Rich, Even in Exile	80
Disturbed or Invincible: That's Up to You	83
Chapter 4: The Villain: Negative Emotions Get in the Way	87
We Want What's Beyond Our Control	92
We Lack Awareness and Get Carried Away by Impressions	94
PART 2: 55 STOIC PRACTICES	99
Chapter 5: How to Practice Stoicism?	101
Brace Yourself	103
Be Mindful	104
Recharge Your Self-Discipline	106
Don't Call Yourself a Philosopher	107
Chapter 6: Preparing Practices	109
Practice 1 The Stoic Art of Acquiescence: Accept and Love Whatever Happens	110
Practice 2 Undertake Actions with a Reserve Clause	114
Practice 3 What Stands in the Way Becomes the Way	117

Practice 4 Remind Yourself of the Impermanence of Things	120
Practice 5 Contemplate Your Own Death	123
Practice 6 Consider Everything as Borrowed from Nature	125
Practice 7 Negative Visualization: Foreseeing Bad Stuff	128
Practice 8 Voluntary Discomfort	131
Practice 9 Prepare Yourself for the Day: The Stoic Morning Routine	134
Practice 10 Review Your Day: The Stoic Evening Routine	137
Practice 11 Keep a Role Model in Mind: Contemplate the Stoic Sage	140
Practice 12 Stoic Aphorisms: Keep Your "Weapons" Ready at Hand	143
Practice 13 Play Your Given Roles Well	146
Practice 14 Eliminate the Nonessential	149
Practice 15 Forget Fame	151
Practice 16 Like a Minimalist: Live Simple	153
Practice 17 Take Back Your Time: Cut Out News and Other Timewasters	156
Practice 18 Win at What Matters	159
Practice 19 Become an Eternal Student	162
Practice 20 What Do You Have to Show for Your Years?	165
Practice 21 Do What Needs to Get Done	168
Chapter 7: Situational Practices: How to Deal with Yourself When Life Gets Tough?	171
Practice 22 Your Judgment Harms You	173
Practice 23 How to Deal With Grief	175

Practice 24 Choose Courage and Calm over Anger 178

Practice 25 Beat Fear with Preparation and Reason 182

Practice 26 Blame Your Expectations 185

Practice 27 Pain and Provocation: Great Opportunities
for Virtue 188

Practice 28 The Equanimity Game 191

Practice 29 The Anti-Puppet Mindset 194

Practice 30 Life Is Supposed to Be Challenging 197

Practice 31 What's so Troublesome *Here and Now?* 200

Practice 32 Count Your Blessings 203

Practice 33 Other-ize 205

Practice 34 Take the Bird's-Eye View 208

Practice 35 It's the Same Old Things 210

Practice 36 Meat Is Dead Animal: Observe Objectively 212

Practice 37 Avoid Rashness: Test Your Impressions 215

Practice 38 Do Good, Be Good 219

Chapter 8: Situational Practices: How to Handle Yourself

When Other People Challenge You? 222

Practice 39 We Are All Limbs of the Same Body 224

Practice 40 Nobody Errs on Purpose 226

Practice 41 Find Your Own Faults 229

Practice 42 Forgive and Love Those Who Stumble 231

Practice 43 Pity Rather than Blame the Wrongdoer 234

Practice 44 Kindness Is Strength 237

Practice 45 How to Deal with Insults 239

Practice 46 Scratches Happen In Training 243

Practice 47 Don't Abandon Others nor Yourself 246

Practice 48 For Such a Small Price, Buy Tranquility 249

Practice 49 Put Yourself in Other People's Shoes 251

Practice 50 Choose Your Company Well 254

Practice 51 Don't Judge But Yourself 257

Practice 52 Do Good, Not Only No Evil 260

Practice 53 Say Only What's Not Better Left Unsaid 263

Practice 54 Listen with the Intent to Understand 265

Practice 55 Lead by Example 267

Acknowledgments 271

Selected Bibliography 272

Want More? 275



— SENECA —