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Build Your Resilience

Bringing in a New Era in Character Education

The authors provide a unique perspective on what is needed to make character education an effective, lasting part of our educational agenda. Each chapter points out the directions that character education must take today and offers strategies essential for making progress in the field.

Quiet Courage

Of all the religions, creeds, and self-help manifestos the world has produced, most concentrate on how to achieve salvation in aspects other than the here-and-now, with our lives merely transitory testing grounds for a higher realm or our actions guided so that we maximize life in a state of 'enlightened hedonism,' consuming rapaciously but really achieving not much at all. But there's one philosophy that provides a concrete foundation for living well, for living 'a good life' in this world. Stoicism. "A Better Human" looks at what the Stoic philosophers said and did, how it impacted their lives by increasing their tranquility, joy, and success, and it uses a mixture of personal experience and pop-culture storytelling to show how the Stoic lifestyle can impact you, today, here and now.

Marcus Aurelius in Love

The stoics lived a long time ago, but they had some startling insights into the human condition - insights which endure to this day. The philosophical tradition, founded in Athens by Zeno of Citium in 301 BC, endured as an active movement for almost 500 years, and contributions from dazzling minds such as Cicero, Seneca and Marcus Aurelius helped create a body of thought with an extraordinary goal - to provide a rational, healthy way of living in harmony with the nature of the

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universe and in respect of our relationships with each other. In many ways a precursor to Cognitive Behavioural Therapy (CBT), Stoicism provides an armamentarium of strategies and techniques for developing psychological resilience, while celebrating all in life which is beautiful and important. By learning what stoicism is, you can revolutionise your life and learn how to seize the day, live happily and be a better person. This simple, empowering book shows how to use this ancient wisdom to make practical, positive changes to your life. Using thought-provoking case studies, highlighting key ideas and things to remember and providing tools for self-assessment, it demonstrates that Stoicism is a proven, profound pathway to happiness.

Discourses and Selected Writings

"Born a slave, the Roman Stoic philosopher Epictetus (c. 55-135 AD) taught that mental freedom is supreme, since it can liberate one anywhere, even in a prison. Freedom, for Epictetus, is not a human right or a political prerogative but a psychological and ethical achievement, a gift that we alone can bestow on ourselves. How to Be Free features splendid new translations and the original Greek on facing pages, a compelling introduction that sets Epictetus in context and describes the importance of Stoic freedom today, and an invaluable glossary of key words and concepts. The result is an unmatched introduction to this powerful method of managing emotions and handling life's situations, from the most ordinary to the most demanding."--Provided by the publisher.

For Conspicuous Gallantry

A leading philosopher shows that if the pursuit of happiness is the question, Epicureanism is the answer. Epicureanism has a reputation problem, bringing to mind gluttons with gout or an admonition to eat, drink, and be merry. In *How to Be an Epicurean*, philosopher Catherine Wilson shows that Epicureanism isn't an excuse for having a good time: it's a means to live a good life. Although modern conveniences and scientific progress have significantly improved our quality of life, many of the problems faced by ancient Greeks -- love, money, family, politics -- remain with us in new forms. To overcome these obstacles, the Epicureans adopted a philosophy that promoted reason, respect for the natural world, and reverence for our fellow humans. By applying this ancient wisdom to a range of modern problems, from self-care routines and romantic entanglements to issues of public policy and social justice, Wilson shows us how we can all fill our lives with purpose and pleasure.

A New Stoicism

The Role Ethics of Epictetus: Stoicism in Ordinary Life offers an original interpretation of Epictetus's ethics and how he bases his ethics on an appeal to our roles in life. Epictetus's role theory is a complete ethical theory, one that has been both misunderstood and under-appreciated in the literature.

In Love and War

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This book is the first study to explore an ancient philosopher's attitude towards the vast majority of society, who had no knowledge or affiliation with philosophy--namely laypeople. It reveals that Epictetus held a sophisticated viewpoint regarding laypeople and envisaged means for lay reform outside of philosophical study.

The Greatest Empire

"For Conspicuous Gallantry . . ." These are the first three words of Vice Admiral James Bond Stockdale's Medal of Honor citation. He was the most highly decorated senior naval officer in recent history. He was shot down over North Vietnam in 1965 and spent the next eight years as leader of the POWs in the hellhole prison known as the Hanoi Hilton. Enduring incredible torture and privation, he remained steadfast in his resolve to serve his country with honor. His courage, leadership and example remain an inspiration to all who knew him and to all Americans.

The Practicing Stoic

Excerpted from Diogenes Laertius' The lives and opinions of eminent philosophers, book seven.

Hoover Digest

In *At Large and At Small*, Anne Fadiman returns to one of her favorite genres, the familiar essay—a beloved and hallowed literary tradition recognized for both its intellectual breadth and its miniaturist focus on everyday experiences. With the combination of humor and erudition that has distinguished her as one of our finest essayists, Fadiman draws us into twelve of her personal obsessions: from her slightly sinister childhood enthusiasm for catching butterflies to her monumental crush on Charles Lamb, from her wistfulness for the days of letter-writing to the challenges and rewards of moving from the city to the country. Many of these essays were composed "under the influence" of the subject at hand. Fadiman ingests a shocking amount of ice cream and divulges her passion for Häagen-Dazs Chocolate Chocolate Chip and her brother's homemade Liquid Nitrogen Kahlúa Coffee (recipe included); she sustains a terrific caffeine buzz while recounting Balzac's coffee addiction; and she stays up till dawn to write about being a night owl, examining the rhythms of our circadian clocks and sharing such insomnia cures as her father's nocturnal word games and Lewis Carroll's mathematical puzzles. *At Large and At Small* is a brilliant and delightful collection of essays that harkens a revival of a long-cherished genre.

The Wisdom of the Stoics

Stoic Warriors explores the relationship between soldiers and Stoic philosophy, exploring what Stoicism actually is, the role it plays in the character of the military (both ancient and modern), and its powerful value as a philosophy of life. Marshalling anecdotes from military history--ranging from ancient Greek wars to World War II, Vietnam, and Iraq--Sherman illuminates the military mind and uses it as a window on the virtues of the Stoic philosophy. Indeed this is a perceptive

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investigation of what makes Stoicism so compelling not only as a guiding principle for the military, but as a philosophy for anyone facing the hardships of life.

Stoicism and the Art of Happiness

This book presents a history of spiritual exercises from Socrates to early Christianity, an account of their decline in modern philosophy, and a discussion of the different conceptions of philosophy that have accompanied the trajectory and fate of the theory and practice of spiritual exercises. Hadot's book demonstrates the extent to which philosophy has been, and still is, above all else a way of seeing and of being in the world.

How to Be an Epicurean

Stoicism is the most helpful and practical philosophy ever devised. Its intention is to help people find happiness by thinking differently about their lives and their problems. The advice the Stoics provided centuries ago is still the best anyone has offered, and it's as useful today as it was then—or more. When anyone today says something really wise, the Stoics usually said it first. Today the word “stoicism” is often used to mean suffering without complaint, but the true ideas, and ideals, of the Stoics are far more powerful and interesting. Stoicism means knowing the difference between what we can control and we can't, and not worrying about the latter. The Stoics were masters of perspective, always taking the long view while remembering that life is short. And they were deep and insightful students of human nature, understanding how we manage to make ourselves miserable as well as how we seek and can find fulfillment. The great insights of the Stoics are spread over a wide range of ancient sources. This book brings them all together for the first time. It systematically presents what the various Stoic philosophers said on every important topic, accompanied by an eloquent commentary that is clear and concise. The result is a set of philosophy lessons for everyone—the most valuable wisdom of ages past made available for our times, and for all time.

Stoic Ethics

The first volume of its kind to bring together generous selections of the works of three of the great Stoic philosophers, Seneca, Epictetus, and Marcus Aurelius.

Discourses and Selected Writings

"Cato, history's most famous foe of authoritarian power, was the pivotal political man of Rome; an inspiration to our Founding Fathers; and a cautionary figure for our times. He loved Roman republicanism, but saw himself as too principled for the mere politics that might have saved it. His life and lessons are urgently relevant in the harshly divided America—and world—of today. With erudition and verve, Rob Goodman and Jimmy Soni turn their life of Cato into the most modern of biographies, a blend of *The Decline and Fall of the Roman Empire* and *Game Change*."—Howard Fineman, Editorial Director of The Huffington Post Media Group, NBC and MSNBC News Analyst, and New York Times bestselling author of *The Thirteen American Arguments* "A truly outstanding piece of work. What most

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impresses me is the book's ability to reach through the confusing dynastic politics of the late Roman Republic to present social realities in a way intelligible to the modern reader. Rome's Last Citizen entertainingly restores to life the stoic Roman who inspired George Washington, Patrick Henry and Nathan Hale. This is more than a biography: it is a study of how a reputation lasted through the centuries from the end of one republic to the start of another."—David Frum, DailyBeast columnist, former White House speech writer, and New York Times bestselling author of *The Right Man* Marcus Porcius Cato: aristocrat who walked barefoot and slept on the ground with his troops, political heavyweight who cultivated the image of a Stoic philosopher, a hardnosed defender of tradition who presented himself as a man out of the sacred Roman past—and the last man standing when Rome's Republic fell to tyranny. His blood feud with Caesar began in the chamber of the Senate, played out on the battlefields of a world war, and ended when he took his own life rather than live under a dictator. Centuries of thinkers, writers, and artists have drawn inspiration from Cato's Stoic courage. Saint Augustine and the early Christians were moved and challenged by his example. Dante, in his *Divine Comedy*, chose Cato to preside over the souls who arrive in Purgatory. George Washington so revered him that he staged a play on Cato's life to revive the spirit of his troops at Valley Forge. Now, in *Rome's Last Citizen*, Rob Goodman and Jimmy Soni deliver the first modern biography of this stirring figure. Cato's life is a gripping tale that resonates deeply with our own turbulent times. He grappled with terrorists, a debt crisis, endemic political corruption, and a huge gulf between the elites and those they governed. In many ways, Cato was the ultimate man of principle—he even chose suicide rather than be used by Caesar as a political pawn. But Cato was also a political failure: his stubbornness sealed his and Rome's defeat, and his lonely end casts a shadow on the recurring hope that a singular leader can transcend the dirty business of politics. *Rome's Last Citizen* is a timeless story of an uncompromising man in a time of crisis and his lifelong battle to save the Republic.

The Obstacle Is the Way

Blaise Pascal has always been appreciated as a literary giant and a religious guide, but has received only grudging recognition as a philosopher: philosophers have mistaken Pascal's harsh criticism of their discipline as a rejection of it. But according to Graeme Hunter, Pascal's critics have simply failed to grasp his lean, but powerful conception of philosophy. This accessibly written book provides the first introduction to Pascal's philosophy as an organic whole. Hunter argues that Pascal's aim is not merely to humble philosophy, but to save it from a kind of failure to which it is prone. He lays out Pascal's development of a more promising and fruitful path for philosophical inquiry, one that responded to the scientific, religious, and political upheaval of his time. Finally, Hunter illuminates Pascal's significance for contemporary readers, allowing him to emerge as the rare philosopher who is spiritual, literary, and rigorous all at once – both a brilliant controversialist and a thinker of substance.

Epictetus and Laypeople

If you have ever felt like a prisoner of your circumstances, this book is for you. It starts with the story of Admiral James Stockdale. He spent seven horrific years in a

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POW camp, yet his spirit was unbroken. This book shares the wisdom that helped him not merely survive, but triumph. The book offers practical advice, because inspiration alone is not enough. Learn how to: Muster the energy to do what you need to do. Get your life back on the right path. Appreciate the wisdom of small victories. Never waste any of your power. Make your life better. Start today. You will read the stories of others who have faced and conquered overwhelming odds. These heroes will inspire you by their actions, by their courage, and their words. These are ordinary people who suffered tragedy, but did not accept defeat. You will learn how they survived, and what they did with their pain afterwards. You will be inspired by the contributions they made to others, turning their trauma into hope for others. You will hear the wisdom in their words and see the courage in their actions. This book includes ten tips for improving your life today. These are small, but important things you can do, today, to make your life better. You know the big things you have to do, but they can seem overwhelming. Start small, stick with it, and let this book unlock the Quiet Courage within you.

Epictetus

"If it is beyond your power to control, let it go." "Do not wish that all things will go well with you, but that you will go well with all things." "In this way, you will overcome life's challenges, rather than be overcome by them." Epictetus (c. AD 50-135) was a former Roman slave who became a great teacher, deeply influencing the future emperor Marcus Aurelius among many others. His philosophy, Stoicism, was practical, not theoretical--aimed at relieving human suffering here and now. Epictetus knew suffering--besides being enslaved, he was lame in one leg and walked with a crutch. The Manual is a collection of Epictetus' essential teachings and pithy sayings, compiled by one of his students. It is the most accessible and actionable guide to Stoic philosophy, as relevant today as it was in the Roman Empire. This new edition, published by Ancient Renewal, is rendered in contemporary English by Sam Torode.

Rome's Last Citizen

Soon after Aristotle's death, several schools of ancient philosophy arose, each addressing the practical question of how to live a good, happy life. The two biggest rivals, Stoicism and Epicureanism, came to dominate the philosophical landscape for the next 500 years. Epicureans advised pursuing pleasure to be happy, and Stoics held that true happiness could only be achieved by living according to nature, which required accepting what happens and fulfilling one's roles. Stoicism, more than Epicureanism, attracted followers from many different walks of life: slaves, laborers, statesmen, intellectuals, and an emperor. The lasting impact of these philosophies is seen from the fact that even today 'Stoic' and 'Epicurean' are household words. Although very little of the writings of the early Stoics survive, our knowledge of Stoicism comes largely from a few later Stoics. In this unique book, William O. Stephens explores the moral philosophy of Epictetus, a former Roman slave and dynamic Stoic teacher whose teachings are the most compelling defense of ancient Stoicism that exists. Epictetus' philosophy dramatically captures the spirit of Stoicism by examining and remedying our greatest human disappointments, such as the death of a loved one. Stephens shows how, for Epictetus, happiness results from focusing our concern on what is up to us while

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not worrying about what is beyond our control. He concludes that the strength of Epictetus' thought lies in his conception of happiness as freedom from fear, worry, grief, and dependence upon luck.

Courage Under Fire

#1 Wall Street Journal Bestseller *The Obstacle is the Way* has become a cult classic, beloved by men and women around the world who apply its wisdom to become more successful at whatever they do. Its many fans include a former governor and movie star (Arnold Schwarzenegger), a hip hop icon (LL Cool J), an Irish tennis pro (James McGee), an NBC sportscaster (Michele Tafoya), and the coaches and players of winning teams like the New England Patriots, Seattle Seahawks, Chicago Cubs, and University of Texas men's basketball team. The book draws its inspiration from stoicism, the ancient Greek philosophy of enduring pain or adversity with perseverance and resilience. Stoics focus on the things they can control, let go of everything else, and turn every new obstacle into an opportunity to get better, stronger, tougher. As Marcus Aurelius put it nearly 2000 years ago: "The impediment to action advances action. What stands in the way becomes the way." Ryan Holiday shows us how some of the most successful people in history—from John D. Rockefeller to Amelia Earhart to Ulysses S. Grant to Steve Jobs—have applied stoicism to overcome difficult or even impossible situations. Their embrace of these principles ultimately mattered more than their natural intelligence, talents, or luck. If you're feeling frustrated, demoralized, or stuck in a rut, this book can help you turn your problems into your biggest advantages. And along the way it will inspire you with dozens of true stories of the greats from every age and era.

The Courage of Truth

The Courage of the Truth is the last course that Michel Foucault delivered at the Collège de France. Here, he continues the theme of the previous year's lectures in exploring the notion of "truth-telling" in politics to establish a number of ethically irreducible conditions based on courage and conviction. His death, on June 25th, 1984, tempts us to detect the philosophical testament in these lectures, especially in view of the prominence they give to the themes of life and death.

How to Be Free

Resilience: How to Thrive and Survive in Any Situation helps you to prepare for adversity by finding healthier ways of responding to stressful thoughts and feelings. You will learn a comprehensive toolkit of effective therapeutic strategies and techniques, drawing upon innovative 'mindfulness and acceptance-based' approaches to cognitive-behavioural therapy (CBT), combined with elements of established psychological approaches to stress prevention and management. The book also draws upon classical Stoic philosophy to provide a wider context for resilience-building. This book is a complete course in resilience training, covering everything from building long-term resilience by developing psychological flexibility, mindfulness and valued action, through specific behavioural skills such as applied relaxation, worry postponement, problem-solving, and assertiveness.

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Each chapter contains a self-assessment test, case study, practical exercises and reminder boxes and concludes with a reminder of the key points of the chapter (Focus Points) and a round-up of what to expect in the next (Next Step), which will whet your appetite for what's coming and how it relates to what you've just read.

Thoughts of a Philosophical Fighter Pilot

The Golden Sayings of Epictetus is one of three key texts, along with the Meditations of Marcus Aurelius and Seneca's Letters From A Stoic, from which we know the philosophy of Stoicism.

A Summary of Stoic Philosophy

"This book is a wonderful introduction to one of history's greatest figures: Marcus Aurelius. His life and this book are a clear guide for those facing adversity, seeking tranquility and pursuing excellence." —Ryan Holiday, bestselling author of *The Obstacle is the Way* and *The Daily Stoic* The life-changing principles of Stoicism taught through the story of its most famous proponent. Roman emperor Marcus Aurelius was the last famous Stoic philosopher of the ancient world. The *Meditations*, his personal journal, survives to this day as one of the most loved self-help and spiritual classics of all time. In *How to Think Like a Roman Emperor*, cognitive psychotherapist Donald Robertson weaves the life and philosophy of Marcus Aurelius together seamlessly to provide a compelling modern-day guide to the Stoic wisdom followed by countless individuals throughout the centuries as a path to achieving greater fulfillment and emotional resilience. *How to Think Like a Roman Emperor* takes readers on a transformative journey along with Marcus, following his progress from a young noble at the court of Hadrian—taken under the wing of some of the finest philosophers of his day—through to his reign as emperor of Rome at the height of its power. Robertson shows how Marcus used philosophical doctrines and therapeutic practices to build emotional resilience and endure tremendous adversity, and guides readers through applying the same methods to their own lives. Combining remarkable stories from Marcus's life with insights from modern psychology and the enduring wisdom of his philosophy, *How to Think Like a Roman Emperor* puts a human face on Stoicism and offers a timeless and essential guide to handling the ethical and psychological challenges we face today.

The Enchiridion

Why were the American POWs imprisoned at the "Hanoi Hilton" so resilient in captivity and so successful in their subsequent careers? This book presents six principles practiced within the POW organizational culture that can be used to develop high-performance teams everywhere. The authors offer examples from both the POWs' time in captivity and their later professional lives that identify, in real-life situations, the characteristics necessary for sustainable, high-performance teamwork. The book takes readers inside the mind of James Stockdale, a fighter pilot with a degree in philosophy, who was the senior ranking officer at the Hanoi prison. The theories Stockdale practiced become readily understandable in this book. Drawing parallels between Stockdale's guiding philosophies from the Stoic

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Epictetus and the principles of modern sports psychology, Peter Fretwell and Taylor Baldwin Kiland show readers how to apply these principles to their own organizations and create a culture with staying power. Originally intending their book to focus on Stockdale's leadership style, the authors found that his approach toward completing a mission was to assure that it could be accomplished without him. Stockdale, they explain, had created a mission-centric organization, not a leader-centric organization. He had understood that a truly sustainable culture must not be dependent on a single individual. At one level, this book is a business school case study. It is also an examination of how leadership and organizational principles employed in the crucible of a Hanoi prison align with today's sports psychology and modern psychological theories and therapies, as well as the training principles used by Olympic athletes and Navy SEALs. Any group willing to apply these principles can move their mission forward and create a culture with staying power—one that outlives individual members.

The Daily Stoic

The Discourses/Fragments/Enchiridion 'I must die. But must I die bawling?' Epictetus, a Greek Stoic and freed slave, ran a thriving philosophy school in Nicopolis in the early second century AD. His animated discussions were celebrated for their rhetorical wizardry and were written down by Arrian, his most famous pupil. The Discourses argue that happiness lies in learning to perceive exactly what is in our power to change and what is not, and in embracing our fate to live in harmony with god and nature. In this personal, practical guide to the ethics of Stoicism and moral self-improvement, Epictetus tackles questions of freedom and imprisonment, illness and fear, family, friendship and love. Translated and Edited with an Introduction by Robert Dobbin

Philosophy as a Way of Life

In 1815 a manuscript containing one of the long-lost treasures of antiquity was discovered—the letters of Marcus Cornelius Fronto, reputed to have been one of the greatest Roman orators. But this find disappointed many nineteenth-century readers, who had hoped for the letters to convey all of the political drama of Cicero's. That the collection included passionate love letters between Fronto and the future emperor Marcus Aurelius was politely ignored—or concealed. And for almost two hundred years these letters have lain hidden in plain sight. Marcus Aurelius in Love rescues these letters from obscurity and returns them to the public eye. The story of Marcus and Fronto began in 139 CE, when Fronto was selected to instruct Marcus in rhetoric. Marcus was eighteen then and by all appearances the pupil and teacher fell in love. Spanning the years in which the relationship flowered and died, these are the only love letters to survive from antiquity—homoerotic or otherwise. With a translation that reproduces the effusive, slangy style of the young prince and the rhetorical flourishes of his master, the letters between Marcus and Fronto will rightfully be reconsidered as key documents in the study of the history of sexuality and classics.

The Manual

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From the team that brought you *The Obstacle Is the Way* and *Ego Is the Enemy*, a beautiful daily devotional of Stoic meditations—an instant Wall Street Journal and USA Today Bestseller. Why have history's greatest minds—from George Washington to Frederick the Great to Ralph Waldo Emerson, along with today's top performers from Super Bowl-winning football coaches to CEOs and celebrities—embraced the wisdom of the ancient Stoics? Because they realize that the most valuable wisdom is timeless and that philosophy is for living a better life, not a classroom exercise. *The Daily Stoic* offers 366 days of Stoic insights and exercises, featuring all-new translations from the Emperor Marcus Aurelius, the playwright Seneca, or slave-turned-philosopher Epictetus, as well as lesser-known luminaries like Zeno, Cleanthes, and Musonius Rufus. Every day of the year you'll find one of their pithy, powerful quotations, as well as historical anecdotes, provocative commentary, and a helpful glossary of Greek terms. By following these teachings over the course of a year (and, indeed, for years to come) you'll find the serenity, self-knowledge, and resilience you need to live well.

At Large and At Small

Pascal the Philosopher

The philosophy of Epictetus, a freed slave in the Roman Empire, has been profoundly influential on Western thought: it offers not only stimulating ideas but practical guidance in living one's life. A. A. Long, a leading scholar of later ancient philosophy, gives the definitive presentation of the thought of Epictetus for a broad readership. Long's fresh and vivid translations of a selection of the best of Epictetus' discourses show that his ideas are as valuable and striking today as they were almost two thousand years ago. The translations are organized thematically within the framework of an authoritative introduction and commentary, which offer a way into this world for those new to it, and illuminating interpretations for those who already know it. Epictetus is known as one of the great Stoic thinkers. But he took the life and conversation of Socrates as his educational model. His Socratic allegiance, scarcely examined before, is a major theme of this ground-breaking book. Long shows how Epictetus offered his students a way of life premised on the values of personal autonomy and integrity. Never a sermonizer, Epictetus engages his students in brilliantly challenging dialogue; Long offers the first accessible study of his argumentative and rhetorical methods. This is a book for anyone interested in what we can learn from ancient philosophy about how to live our lives.

A Better Human

What would stoic ethics be like today if stoicism had survived as a systematic approach to ethical theory, if it had coped successfully with the challenges of modern philosophy and experimental science? *A New Stoicism* proposes an answer to that question, offered from within the stoic tradition but without the metaphysical and psychological assumptions that modern philosophy and science have abandoned. Lawrence Becker argues that a secular version of the stoic ethical project, based on contemporary cosmology and developmental psychology,

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provides the basis for a sophisticated form of ethical naturalism, in which virtually all the hard doctrines of the ancient Stoics can be clearly restated and defended. Becker argues, in keeping with the ancients, that virtue is one thing, not many; that it, and not happiness, is the proper end of all activity; that it alone is good, all other things being merely rank-ordered relative to each other for the sake of the good; and that virtue is sufficient for happiness. Moreover, he rejects the popular caricature of the stoic as a grave figure, emotionally detached and capable mainly of endurance, resignation, and coping with pain. To the contrary, he holds that while stoic sages are able to endure the extremes of human suffering, they do not have to sacrifice joy to have that ability, and he seeks to turn our attention from the familiar, therapeutic part of stoic moral training to a reconsideration of its theoretical foundations.

Unshakable Freedom

Illuminates key tenets in the influential philosopher's beliefs through the story of his life, tracing his middle-class existence against a vibrant backdrop of fifth century B.C. Athens while sharing intimate analyses of specific aspects of his personality. By the best-selling author of Churchill. 40,000 first printing.

Socrates

A former Vietnam War POW and his wife recount their life together and their separate agonies during his imprisonment

How to Think Like a Roman Emperor

By any measure, Seneca (?4-65AD) is one of the most significant figures in both Roman literature and ancient philosophy. His writings are voluminous and diverse, ranging from satire to disturbing, violent tragedies, from metaphysical theory to moral and political discussions of virtue and anger. Seneca found himself at the turbulent center of Roman imperial power, making him thus an important witness to the Empire's first dynasty, the Julio-Claudians. Exiled by the emperor Claudius in the wake of a sex scandal, he was eventually brought back to Rome to become tutor and, later, speech-writer and advisor to Nero. Seneca was suspected of plotting against Nero, condemned to die, and ultimately took his own life—an act that is one of the most iconic suicides in Western history. The life and works of Seneca pose a number of fascinating challenges. How can we reconcile the bloody tragedies with the prose works advocating a life of Stoic tranquility? How are we to balance Seneca the man of principle, who counseled a life of calm and simplicity, with Seneca the man of the moment, who amassed a vast personal fortune in the service of an emperor seen by many, at the time and afterwards, as an insane tyrant? In this definitive and moving biography, Emily Wilson presents Seneca as a man under enormous pressure, struggling for compromise in a world of absolutism. The Greatest Empire offers us the portrait of a life lived perilously in the gap between political realities and philosophical ideals, between what we aspire to be and what we are.

The Golden Sayings of Epictetus

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Vice Admiral Stockdale was on active duty in the navy for thirty-seven years. As a fighter pilot operating from an aircraft carrier, he was shot down over North Vietnam in 1965. As the senior naval officer among the prisoners of war in Hanoi for seven and a half years, he was tortured fifteen times, put in leg irons for two years, and confined in solitary for four years. This experience was the crucible for his philosophical thought on issues of character, leadership, integrity, personal and public virtue, and ethics. Much of his philosophy is drawn from the Stoic philosophers, especially Epictetus, whom he had read before his capture. The selections in this volume converge around the central theme of how man can rise with dignity to prevail in the face of adversity - lessons just as valid for the challenges of present-day life as they were for the author's Vietnam experience.

Acastos

How can we achieve total personal freedom when we have so many obligations and so many demands on our time? Is personal freedom even possible? Yes, it is possible, said the Stoics and gave us a blue print for freedom. The teachings were lost but have been rediscovered in recent times and form the basis of modern cognitive therapy. In his new book, *Unshakable Freedom*, Dr. Chuck Chakrapani outlines the Stoic secrets for achieving total freedom, no matter who you are and what obstacles you face in life. Using modern examples, Chuck explores how anyone can achieve personal freedom by practicing a few mind-training techniques. Here's what others have to say about the book: Choose this book Chuck Chakrapani reveals for modern eyes what the ancient Stoics knew: True freedom comes from choosing wisely. Here's an aligned piece of advice - choose this book. Robert Cialdini PhD, Author *Influence and Pre-suasion* Fast, interesting, and it works Chuck Chakrapani brings Stoic philosophy to the world of today, the world in which we live, love, compete, win, lose, but never escape. Our world. The early Stoics and those who succeeded them have much to teach, but it takes a thoughtful writer to give us this wisdom in the way WE NEED TO LEARN. Chuck is one of those writers. Read this book it's fast, interesting, but most of all it WORKS. Dr. Howard Moskowitz, Chief Science Officer, Mind Genomics Advisors A timely and readable reminder We live in a time when happiness and autonomy are commonly equated with higher levels of and options for consumption. This little book is a timely and readable reminder that the path to enjoyment and independence lies elsewhere. Thomas Dunk PhD, Dean, Faculty of Social Sciences, Brock University [This book] can change your life for good *Unshakable Freedom* is a wonderful guide to those who want real freedom and peace in a complex and challenging world. It also vividly portrays many of the leaders and prominent people who have found success by following these principles. It really can change your life for good. Ashref Hashim, President, The Blackstone Group For greater productivity, prosperity and inner peace In *Unshakable Freedom*, Chuck identifies that the only thing stopping us from being happy is ourselves. The stoic tenets outlined, if followed, will lead to greater productivity, prosperity, and inner peace for the reader. Thanks to Chuck for the inspiration! Dr. Kara Mitchelmore, CEO, Marketing Research & Intelligence Association Immediately practical Chuck Chakrapani has written this wonderful book of timeless, immensely practical messages to help us generate powerful real-world impact and remind us how to stay free and appreciative. *Unshakable Freedom* provides an immediately practical lesson to gain freedom and personal power. Sabine Steinbrecher, CEO, The Learning Library Designed to improve

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quality of life Unshakable Freedom is about finding peace of mind. Stoic philosophy is a tool to address daily travails - big and small. The author has proposed techniques designed to lead to freedom, happiness, and a better quality of life. I recommend that you go through the book slowly, absorb, and practice. Naresh Malhotra, CEO Global, Novatrek

Stoic Warriors

“Witty and profound” musings on questions of art and religion from a celebrated novelist known for her philosophical explorations (Library Journal). For centuries, the works of Plato, featuring his mentor and teacher Socrates, have illuminated philosophical discussions. In *Acastos: Two Platonic Dialogues*, acclaimed philosopher, poet, and writer Iris Murdoch turns her keen eye to the value of art, knowledge, and faith, with two dramatic conversations featuring Plato and Socrates. “Art and Eros”: After witnessing a theatrical performance, Socrates and his pupils—Callistos, Acastos, Mantias, Deximenes, and Plato—undertake a quest to uncover the meaning and worth of artistic endeavors. “Above the Gods”: The celebration of a religious festival leads to a lively discussion of the gods and their place in society, as Socrates, along with several of his followers, talk about the morality of religion, wisdom, and righteousness. Told through vivid characterizations and lively discourse, *Acastos* is at once a “profound and satisfying” exploration of the Socratic method and an enjoyable example of theatrical writing from a Man Booker Prize-winning novelist known for her studies with Ludwig Wittgenstein and her philosophy lectures at Oxford University, as well as for such works of fiction as *The Sea*, *The Sea and The Black Prince* (Kirkus Reviews).

Lessons from the Hanoi Hilton

When physical disability from combat wounds brought about Jim Stockdale's early retirement from military life, he had the distinction of being the only three-star officer in the history of the navy to wear both aviator wings and the Congressional Medal of Honor. His writings have been many and varied, but all converge on the central theme of how man can rise with dignity to prevail in the face of adversity.

The Role Ethics of Epictetus

The Discourses/Fragments/Enchiridion 'I must die. But must I die bawling?' Epictetus, a Greek Stoic and freed slave, ran a thriving philosophy school in Nicopolis in the early second century AD. His animated discussions were celebrated for their rhetorical wizardry and were written down by Arrian, his most famous pupil. The Discourses argue that happiness lies in learning to perceive exactly what is in our power to change and what is not, and in embracing our fate to live in harmony with god and nature. In this personal, practical guide to the ethics of Stoicism and moral self-improvement, Epictetus tackles questions of freedom and imprisonment, illness and fear, family, friendship and love. Translated and Edited with an Introduction by Robert Dobbin

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