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From The Daily Stoic: 366 Meditations on Wisdom, Perseverance, and the Art of Living: That's why the philosophers warn us not to be satisfied with mere learning, but to add practice and then ...

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Ancient Philosophers Reveal 4 Rituals That Will Make You Happier

And it's kind of counterintuitive because you'd think people would want to escape the daily news cycle and ... later] So Marcus Aurelius' "Meditations." He's a stoic philosopher from the second ...

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Brad Thor

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Philosophical cults whose members renounced sex and marriage for the love of wisdom multiplied in the Hellenistic world. Cynic and Stoic writers ... neglected in the daily distribution by the ...

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I started to read some stuff by Ryan Holiday for example, which is

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stoicism and that's helped me a lot. It wasn't as if I was struggling with anxiety or depression, but I was trying to optimize my ...

Rory McIlroy on Mental Health, Naomi Osaka, And How He Overcame His Lowest Moments

Thankfully, for us, we don't need to pore over our dusty editions of Marcus Aurelius' Meditations or Sartre ... Buddhist and Stoic Wisdom for a Sceptical Age (2018). Together with philosopher ...

Making Aristotle Your Life Coach

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Core Values Reading List

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streaming, and various independent films insisting on the ...

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