

# **Stoicism And The Art Of Happiness: A Teach Yourself Guide (Teach Yourself: Relationships & Self-Help) By Donald Robertson**

**By Donald Robertson**

## **Reblogged from Stoicism and the Art of Happiness: -**

A Simplified Modern Approach to Stoicism. Copyright Donald Robertson, forthcoming book Teach yourself Stoicism, Stoicism and the Art of Happiness

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Stoicism and Hormetism both seem to be based on a realistic attitude towards life, acknowledging that there are going to be tough times. I think that Hormetism is

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The Stoics believed that by controlling our minds, we can control our world and ultimately our destiny not unlike the law of attraction that has gained so many

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Apr 14, 1996 Stoicism was one of the new philosophical movements of the Hellenistic period. The name derives from the porch (stoa poikil ) in the Agora at Athens

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