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Epictetus - How To Be A Stoic  
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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 application of late period Stoicism to modern life with assumptions brought over from positive

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ancient philosophy founded in  
Athens by the Phoenician  
merchant Zeno of Citium around  
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Stoicism but came to be known as Stoicism because Zeno and his followers met in the Stoa Poikilê, or Painted Porch.

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