



## Stoicism: The Art of Controlling Your Emotions and Pursuing Happiness (Paperback)

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By K Connors

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Stoicism The Art of Controlling Your Emotions and Pursuing Happiness Stoicism is an ancient Greek philosophy which teaches the development of self-control and fortitude as a means of overcoming destructive emotions. It does not seek to extinguish emotions completely, but rather seeks to transform them through logic and reason, which enables a person to develop clear judgment, inner calm and freedom from suffering (which is considered the ultimate goal). This book will guide you through the origins and teachings of Stoicism, through direct quotes and experiences from its founding fathers. In this book, you will learn: What Stoicism is and where it comes from The principles and beliefs of Stoicism How Stoicism is applied to health and wellness How to effectively control your emotions How to begin implementing Stoicism into your life How to improve any situation with Stoicism How neuroplasticity applies to Stoicism Get your copy of Stoicism: The Art of Controlling Your Emotions and Pursuing Happiness and start living the Good Life today!.



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