

A Guide To The Good Life Ancient Art Of Stoic Joy

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~~A Guide to The Good Life Summary. If you lack a grand goal in living, you lack a coherent philosophy of life. Tranquility is a state marked by the absence of negative emotions such as anger, grief, anxiety, and fear, and the presence of positive emotions—in particular, joy. " Pay attention to your enemies, for they are the first to discover your mistakes. " —Antisthenes.~~

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