

## How To Be A Stoic Using Ancient Philosophy To Live A Modern Life English Edition By Massimo Pigliucci

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Whenever we worry about what to eat, how to love, or simply how to be happy, we are worrying about how to lead a good life. No goal is more elusive. In *How to Be a Stoic*, philosopher Massimo Pigliucci offers Stoicism, the ancient philosophy that inspired the great emperor Marcus Aurelius, as the best way to attain it. Stoicism is a pragmatic philosophy that focuses our attention on what is possible and gives us perspective on what is unimportant. By understanding Stoicism, we can learn to answer crucial questions: Should we get married or divorced? How should we handle our money in a world nearly destroyed by a financial crisis? How can we survive great personal tragedy? Whoever we are, Stoicism has something for us--and *How to Be a Stoic* is the essential guide.

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