



Stoic Spiritual Exercises

By Elen Buzaré

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In this short essay, Elen Buzaré examines ancient sources for clues to how Stoics of the Roman era used psychological techniques for turning doctrine into practical daily living, securing for themselves lives that flourished, free from troubles, enjoying an unshakeable peace of mind. With the help of this short guide, modern readers can similarly train themselves to live as Stoics, making progress towards the same 'good flow of life' and serenity, and develop a mindfulness that is immune to all harm, joyous in response to all that fate might bring. Especially suited to those who have already introduced themselves to the basics of Stoic doctrine, this little book will serve as inspiration and guide for anyone wanting to advance further on the Stoic way.

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