



## Stoicism and the Art of Happiness: Teach Yourself

By Donald Robertson

Hodder & Stoughton General Division. Paperback. Book Condition: new. BRAND NEW, Stoicism and the Art of Happiness: Teach Yourself, Donald Robertson, This new guide to finding a happier way of life draws on the ancient wisdom of the stoics to reveal lasting truths and proven strategies for enhanced wellbeing. By learning what stoicism is, you can revolutionise your life, learning how to - properly - 'seize the day', how to cope in the face of adversity, and how to come to terms with whatever situation you're in.



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