



# The Stoic Life: Emotions, Duties, and Fate

*Tad Brennan*

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Tad Brennan explains how to live the Stoic life--and why we might want to. Stoicism has been one of the main currents of thought in Western civilization for two thousand years: Brennan offers a fascinating guide through the ethical ideas of the original Stoic philosophers, and shows how valuable these ideas remain today, both intellectually and in practice. He writes in a lively informal style which will bring Stoicism to life for readers who are new to ancient philosophy. *The Stoic Life* will also be of great interest to philosophers and classicists seeking a full understanding of the intellectual legacy of the Stoics.



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