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the ancient stoic practice pdf

Stoicism is a school of Hellenistic philosophy founded by Zeno of Citium in Athens in the early 3rd century BC. While Stoic physics are largely drawn from the teachings of the philosopher Heraclitus, they are heavily influenced by certain teachings of Socrates. Stoicism is predominantly a philosophy of personal ethics informed by its system of logic and its views on the natural world.

Stoicism - Wikipedia

Chrysippus of Soli (/ k r aˈɛː s ɛˈp ɛˈs, k r ɛˈ-/; Greek: Ἰϋίππιος ἑλεῖος, ἁΐψιππος ἡ σολεῖος, Chrysippos ho Soleus; c. 279 – c. 206 BC) was a Greek Stoic philosopher. He was a native of Soli, Cilicia, but moved to Athens as a young man, where he became a pupil of Cleanthes in the Stoic school. When Cleanthes died, around 230 BC, Chrysippus became the third head of the school.

Chrysippus - Wikipedia

What is Stoicism? Here's a clear and easy to understand overview of the Stoic Philosophy and its main principles with helpful illustrations.

What is Stoicism? A Definition & 10 Stoic Key Principles

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Autonomy. Autonomy is an individual's capacity for self-determination or self-governance. Beyond that, it is a much-contested concept that comes up in a number of different arenas.

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