

## Courage Under Fire Testing Epictetuss Doctrines In A Laboratory Of Human Behavior Hoover Essays

The decade that followed James Stockdale's seven and a half years in a North Vietnamese prison saw his life take a number of different turns, from a stay in a navy hospital in San Diego to president of a civilian college to his appointment as a senior research fellow at the Hoover Institution. In this collection of essays he offers his thoughts on his imprisonment. Describing the horrors of his treatment as a prisoner of war, Stockdale tells how he discovered firsthand the capabilities and limitations of the human spirit in such a situation. As the senior officer in confinement he had what he humbly describes as "the easiest leadership job in the world: to maintain the organization, resistance, and spirit of ten of the finest men I have ever known." His reflections on his wartime prison experience and the reasons for his survival form the basis of the writings reprinted here. In subject matter ranging from methods of communication in prison to military ethics to the principles of leadership, the thirty-four selections contained in this volume are a unique record of what Stockdale calls a "melting experience"—a pressure-packed existence that forces one to grow. Retired Vice Admiral James B. Stockdale, a Hoover Institution fellow from 1981 to 1996, was Ross Perot's 1992 presidential running mate and a recipient of the Medal of Honor after enduring seven and a half years as a prisoner of war in North Vietnam. He died in 2005 at the age of 81.

THE MANUAL FOR LIVING is the first and best primer for living the best possible life -- as helpful in the twenty-first century as it was in the first. Epictetus's teachings rank among the greatest wisdom texts of human civilization. Epictetus taught that philosophy is a way of life and not just a theoretical discipline. To Epictetus, all external events are beyond our control; we should accept calmly and dispassionately whatever happens. However, individuals are responsible for their own actions, which they can examine and control through rigorous self-discipline. By putting into practice the ninety-three wise instructions that make up The Art of Living, readers learn to successfully meet the challenges of everyday life.

"For Conspicuous Gallantry . . ." These are the first three words of Vice Admiral James Bond Stockdale's Medal of Honor citation. He was the most highly decorated senior naval officer in recent history. He was shot down over North Vietnam in 1965 and spent the next eight years as leader of the POWs in the hellhole prison known as the Hanoi Hilton. Enduring incredible torture and privation, he remained steadfast in his resolve to serve his country with honor. His courage, leadership and example remain an inspiration to all who knew him and to all Americans.

Psychology of the Hero Soul is an inspirational book on awakening the hero within and developing people's leadership. Why should modern psychotherapists be interested in philosophy, especially ancient philosophy? Why should philosophers be interested in psychotherapy? There is a sense of mutual attraction between what are today two thoroughly distinct disciplines. However, arguably it was not always the case that they were distinct. The author takes the view that by reconsidering the generally received wisdom concerning the history of these closely-related subjects, we can learn a great deal about both philosophy and psychotherapy, under which heading he includes potentially solitary pursuits such as "self-help" and "personal development".

Epictetus was born into slavery about 55 ce in the eastern outreaches of the Roman Empire. Once freed, he established an influential school of Stoic philosophy, stressing that human beings cannot control life, only their responses to it. By putting into practice the ninety-three witty, wise, and razor-sharp instructions that make up The Art of Living, readers learn to meet the challenges of everyday life successfully and to face life's inevitable losses and disappointments with grace.

Stoic Warriors explores the relationship between soldiers and Stoic philosophy, exploring what Stoicism actually is, the role it plays in the character of the military (both ancient and modern), and its powerful value as a philosophy of life. Marshalling anecdotes from military history--ranging from ancient Greek wars to World War II, Vietnam, and Iraq--Sherman illuminates the military mind and uses it as a window on the virtues of the Stoic philosophy. Indeed this is a perceptive investigation of what makes Stoicism so compelling not only as a guiding principle for the military, but as a philosophy for anyone facing the hardships of life.

Courage Under Fire Testing Epictetus's Doctrines in a Laboratory of Human Behavior Hoover Press

The Sky's The Limit is about reaching for your dreams. It's about daring to take a calculated risk. After all, it's not a risk if you know the outcome. In this book you will discover components for prioritizing your tasks, the rewards of preparation and the joys of success. You will sit behind the controls with Jim and learn the procedures needed for elevating your game. This book is a must read for anyone seeking to climb to new heights. This is not a how-to-book about flying, but a how-to-book about navigating turbulent times and landing at your destination intact and ready for your assignment.

This collection includes Epictetus' Discourses, The Enchiridion, and Fragments scholars have attributed to Epictetus or are in the spirit of Epictetus' brand of stoicism. Epictetus (AD 50 - 135) was a Greek Stoic philosopher. He was born a slave at Hierapolis, Phrygia (present day Pamukkale, Turkey) and lived in Rome until his banishment, when he went to Nicopolis in northwestern Greece for the rest of his life. His teachings were written down and published by his pupil Arrian in his Discourses and Enchiridion. Epictetus taught that philosophy is a way of life and not just a theoretical discipline. To Epictetus, all external events are beyond our control; we should accept calmly and dispassionately whatever happens. However, individuals are responsible for their own actions, which they can examine and control through rigorous self-discipline. No writings by Epictetus are truly known. His discourses were transcribed and compiled by his pupil Arrian (author of the Anabasis Alexandri). The main work is The Discourses, four books of which have been preserved (out of the original eight). Arrian also compiled a popular digest, entitled the Enchiridion, or Handbook. In a preface to the Discourses that is addressed to Lucius Gellius, Arrian states that "whatever I heard him say I used to write down, word for word, as best I could, endeavouring to preserve it as a memorial, for my own future use, of his way of thinking and the frankness of his speech." Epictetus maintains that the foundation of all philosophy is self-knowledge, that is, the conviction of our ignorance and gullibility ought to be the first subject of our study. Logic provides valid reasoning and certainty in judgment, but it is subordinate to practical needs. The first and most necessary part of philosophy concerns the application of doctrine, for example, that people should not lie. The second concerns reasons, e.g. why people should not lie. While the third, lastly, examines and

establishes the reasons. This is the logical part, which finds reasons, shows what is a reason, and that a given reason is a correct one. This last part is necessary, but only on account of the second, which again is rendered necessary by the first.

If you have ever felt like a prisoner of your circumstances, this book is for you. It starts with the story of Admiral James Stockdale. He spent seven horrific years in a POW camp, yet his spirit was unbroken. This book shares the wisdom that helped him not merely survive, but triumph. The book offers practical advice, because inspiration alone is not enough. Learn how to: Muster the energy to do what you need to do. Get your life back on the right path. Appreciate the wisdom of small victories. Never waste any of your power. Make your life better. Start today. You will read the stories of others who have faced and conquered overwhelming odds. These heroes will inspire you by their actions, by their courage, and their words. These are ordinary people who suffered tragedy, but did not accept defeat. You will learn how they survived, and what they did with their pain afterwards. You will be inspired by the contributions they made to others, turning their trauma into hope for others. You will hear the wisdom in their words and see the courage in their actions. This book includes ten tips for improving your life today. These are small, but important things you can do, today, to make your life better. You know the big things you have to do, but they can seem overwhelming. Start small, stick with it, and let this book unlock the Quiet Courage within you.

"Cato, history's most famous foe of authoritarian power, was the pivotal political man of Rome; an inspiration to our Founding Fathers; and a cautionary figure for our times. He loved Roman republicanism, but saw himself as too principled for the mere politics that might have saved it. His life and lessons are urgently relevant in the harshly divided America—and world—of today. With erudition and verve, Rob Goodman and Jimmy Soni turn their life of Cato into the most modern of biographies, a blend of *The Decline and Fall of the Roman Empire* and *Game Change*."—Howard Fineman, Editorial Director of The Huffington Post Media Group, NBC and MSNBC News Analyst, and New York Times bestselling author of *The Thirteen American Arguments* "A truly outstanding piece of work. What most impresses me is the book's ability to reach through the confusing dynastic politics of the late Roman Republic to present social realities in a way intelligible to the modern reader. Rome's Last Citizen entertainingly restores to life the stoic Roman who inspired George Washington, Patrick Henry and Nathan Hale. This is more than a biography: it is a study of how a reputation lasted through the centuries from the end of one republic to the start of another."—David Frum, DailyBeast columnist, former White House speech writer, and New York Times bestselling author of *The Right Man* Marcus Porcius Cato: aristocrat who walked barefoot and slept on the ground with his troops, political heavyweight who cultivated the image of a Stoic philosopher, a hardnosed defender of tradition who presented himself as a man out of the sacred Roman past—and the last man standing when Rome's Republic fell to tyranny. His blood feud with Caesar began in the chamber of the Senate, played out on the battlefields of a world war, and ended when he took his own life rather than live under a dictator. Centuries of thinkers, writers, and artists have drawn inspiration from Cato's Stoic courage. Saint Augustine and the early Christians were moved and challenged by his example. Dante, in his *Divine Comedy*, chose Cato to preside over the souls who arrive in Purgatory. George Washington so revered him that he staged a play on Cato's life to revive the spirit of his troops at Valley Forge. Now, in *Rome's Last Citizen*, Rob Goodman and Jimmy Soni deliver the first modern biography of this stirring figure. Cato's life is a gripping tale that resonates deeply with our own turbulent times. He grappled with terrorists, a debt crisis, endemic political corruption, and a huge gulf between the elites and those they governed. In many ways, Cato was the ultimate man of principle—he even chose suicide rather than be used by Caesar as a political pawn. But Cato was also a political failure: his stubbornness sealed his and Rome's defeat, and his lonely end casts a shadow on the recurring hope that a singular leader can transcend the dirty business of politics. *Rome's Last Citizen* is a timeless story of an uncompromising man in a time of crisis and his lifelong battle to save the Republic.

What would stoic ethics be like today if stoicism had survived as a systematic approach to ethical theory, if it had coped successfully with the challenges of modern philosophy and experimental science? *A New Stoicism* proposes an answer to that question, offered from within the stoic tradition but without the metaphysical and psychological assumptions that modern philosophy and science have abandoned. Lawrence Becker argues that a secular version of the stoic ethical project, based on contemporary cosmology and developmental psychology, provides the basis for a sophisticated form of ethical naturalism, in which virtually all the hard doctrines of the ancient Stoics can be clearly restated and defended. Becker argues, in keeping with the ancients, that virtue is one thing, not many; that it, and not happiness, is the proper end of all activity; that it alone is good, all other things being merely rank-ordered relative to each other for the sake of the good; and that virtue is sufficient for happiness. Moreover, he rejects the popular caricature of the stoic as a grave figure, emotionally detached and capable mainly of endurance, resignation, and coping with pain. To the contrary, he holds that while stoic sages are able to endure the extremes of human suffering, they do not have to sacrifice joy to have that ability, and he seeks to turn our attention from the familiar, therapeutic part of stoic moral training to a reconsideration of its theoretical foundations.

*Marine Maxims* is a collection of fifty principle-based leadership lessons that Thomas J. Gordon acquired commanding Marines over a career spanning three decades of service. Dealing with the complexities and challenges of the contemporary operating environment requires an internal moral compass fixed true. These maxims focus on developing inner citadels of character, moral courage, and the resilience to persevere in a contested domain where information is key. Its purpose is to provide future leaders with a professional development plan that will steel their resolve and enable them to lead with honor. Thematically, these maxims build upon a foundation of character, courage, and will. To be effective, a leader must model and inspire the will to persevere in the face of danger or adversity. The essence of effective leadership is credibility. A leader's credibility is derived from a congruence of competence and character. Exceptional leaders are not remembered for what they accomplished, but how they did it. Those that lead with integrity will be remembered as a leader worth following. *Hellenistic Philosophy* concerns the thought of the Epicureans, Stoics, and Sceptics, the most influential philosophical groups in the era between the death of Alexander the Great (323 BCE) and the defeat of the last Greek stronghold in the ancient world (31 BCE). The *Routledge Handbook of Hellenistic Philosophy* provides accessible yet rigorous introductions to the theories of knowledge, ethics, and physics belonging to each of the three schools, explores the fascinating ways in which interschool rivalries shaped the philosophies of the era, and offers unique insight into the relevance of Hellenistic views to issues today, such as environmental ethics, consumerism, and bioethics. Eleven countries are represented among the Handbook's 35 authors, whose chapters were written specifically for this volume and are organized thematically into six sections: The people, history, and methods of Epicureanism, Stoicism, and Scepticism. Earlier philosophical influences on Hellenistic thought, such as Aristotle, Socrates, and Presocratics. The soul, perception, and knowledge. God, fate, and the primary principles of nature and the universe. Ethics, political theory, society, and community. Hellenistic philosophy's relevance to contemporary life. Spanning from the ancient past to the present, this Handbook aims to show that Hellenistic philosophy has much to offer all thinking people of the twenty-first century.

The instant New York Times, Wall Street Journal, and USA Today Bestseller! Ryan Holiday's bestselling trilogy—*The Obstacle Is the Way*, *Ego is the Enemy*, and *Stillness is the Key*—captivated professional athletes, CEOs, politicians, and entrepreneurs and helped bring Stoicism to millions of readers. Now, in the first book of an exciting new series on the cardinal virtues of ancient philosophy, Holiday explores the most foundational virtue of all: Courage. Almost every religion, spiritual practice, philosophy and person grapples with fear. The most repeated phrase in the Bible is "Be not afraid." The ancient Greeks spoke of phobos, panic and terror. It is natural to feel fear, the Stoics believed, but it cannot rule you. Courage, then, is the ability to rise above fear, to do what's right, to do what's needed, to do what is true. And so it rests at the heart of the works of Marcus Aurelius, Aristotle, and CS Lewis, alongside temperance, justice, and wisdom. In *Courage Is Calling*, Ryan Holiday breaks down the elements of fear, an expression of cowardice, the elements of courage, an expression of bravery, and lastly,

the elements of heroism, an expression of valor. Through engaging stories about historic and contemporary leaders, including Charles De Gaulle, Florence Nightingale, and Dr. Martin Luther King Jr., Holiday shows you how to conquer fear and practice courage in your daily life. You'll also delve deep into the moral dilemmas and courageous acts of lesser-known, but equally as important, figures from ancient and modern history, such as Helvidius Priscus, a Roman Senator who stood his ground against emperor Vespasian, even in the face of death; Frank Serpico, a former New York City Police Department Detective who exposed police corruption; and Frederick Douglass and a slave named Nelly, whose fierce resistance against her captors inspired his own crusade to end slavery. In a world in which fear runs rampant—when people would rather stand on the sidelines than speak out against injustice, go along with convention than bet on themselves, and turn a blind eye to the ugly realities of modern life—we need courage more than ever. We need the courage of whistleblowers and risk takers. We need the courage of activists and adventurers. We need the courage of writers who speak the truth—and the courage of leaders to listen. We need you to step into the arena and fight.

Volume 1 presents the texts in new translations by the authors, and these are accompanied by a philosophical and historical commentary designed for use by all readers, including those with no background in the classical world. With its glossary and indexes, this volume can stand alone as an independent tool of study.

From "America's nerviest journalist" (Newsweek)--a breath-taking epic, a magnificent adventure story, and an investigation into the true heroism and courage of the first Americans to conquer space. "Tom Wolfe at his very best" (The New York Times Book Review) Millions of words have poured forth about man's trip to the moon, but until now few people have had a sense of the most engrossing side of the adventure; namely, what went on in the minds of the astronauts themselves - in space, on the moon, and even during certain odysseys on earth. It is this, the inner life of the astronauts, that Tom Wolfe describes with his almost uncanny empathetic powers, that made *The Right Stuff* a classic.

One of the great fears many of us face is that despite all our effort and striving, we will discover at the end that we have wasted our life. In *A Guide to the Good Life*, William B. Irvine plumbs the wisdom of Stoic philosophy, one of the most popular and successful schools of thought in ancient Rome, and shows how its insight and advice are still remarkably applicable to modern lives. In *A Guide to the Good Life*, Irvine offers a refreshing presentation of Stoicism, showing how this ancient philosophy can still direct us toward a better life. Using the psychological insights and the practical techniques of the Stoics, Irvine offers a roadmap for anyone seeking to avoid the feelings of chronic dissatisfaction that plague so many of us. Irvine looks at various Stoic techniques for attaining tranquility and shows how to put these techniques to work in our own life. As he does so, he describes his own experiences practicing Stoicism and offers valuable first-hand advice for anyone wishing to live better by following in the footsteps of these ancient philosophers. Readers learn how to minimize worry, how to let go of the past and focus our efforts on the things we can control, and how to deal with insults, grief, old age, and the distracting temptations of fame and fortune. We learn from Marcus Aurelius the importance of prizing only things of true value, and from Epictetus we learn how to be more content with what we have. Finally, *A Guide to the Good Life* shows readers how to become thoughtful observers of their own lives. If we watch ourselves as we go about our daily business and later reflect on what we saw, we can better identify the sources of distress and eventually avoid that pain in our life. By doing this, the Stoics thought, we can hope to attain a truly joyful life.

A former Vietnam War POW and his wife recount their life together and their separate agonies during his imprisonment

The 'Lion of the North', King Gustavus Adolphus of Sweden, was one of the major players in the Thirty Years War of 1618-48. In 1630 Gustavus - the last champion of the Protestants - crushed the Catholics at Breitenfeld in a victory widely viewed as the fulfillment of a prophecy foretelling the defeat of the eagle (the German Emperor's emblem) by a golden lion. Killed in battle at Lützen only two years later, Gustavus nevertheless won fame for his technical and tactical innovations. The first of two volumes, this book examines the equipment, uniforms and organization of the infantry that comprised Gustavus's army.

"Witty and profound" musings on questions of art and religion from a celebrated novelist known for her philosophical explorations (Library Journal). For centuries, the works of Plato, featuring his mentor and teacher Socrates, have illuminated philosophical discussions. In *Acastos: Two Platonic Dialogues*, acclaimed philosopher, poet, and writer Iris Murdoch turns her keen eye to the value of art, knowledge, and faith, with two dramatic conversations featuring Plato and Socrates. "Art and Eros": After witnessing a theatrical performance, Socrates and his pupils—Callistos, Acastos, Mantias, Deximenes, and Plato—undertake a quest to uncover the meaning and worth of artistic endeavors. "Above the Gods": The celebration of a religious festival leads to a lively discussion of the gods and their place in society, as Socrates, along with several of his followers, talk about the morality of religion, wisdom, and righteousness. Told through vivid characterizations and lively discourse, *Acastos* is at once a "profound and satisfying" exploration of the Socratic method and an enjoyable example of theatrical writing from a Man Booker Prize-winning novelist known for her studies with Ludwig Wittgenstein and her philosophy lectures at Oxford University, as well as for such works of fiction as *The Sea*, *The Sea* and *The Black Prince* (Kirkus Reviews).

The Congressional Medal of Honor was awarded to Admiral Stockdale, who spent seven and a half years in a Hanoi prison. He survived because of his character and his values.

Tranquility Parenting encourages parents to find engaged contentment as they learn to stay calm, deal with problems, reduce negative emotions, and truly enjoy being with their children. Based on an ancient Greek philosophy called Stoicism, this approach to parenting can help parents and their children discover the path to flourishing.

Stoicism is the most helpful and practical philosophy ever devised. Its intention is to help people find happiness by thinking differently about their lives and their problems. The advice the Stoics provided centuries ago is still the best anyone has offered, and it's as useful today as it was then—or more. When anyone today says something really wise, the Stoics usually said it first. Today the word "stoicism" is often used to mean suffering without complaint, but the true ideas, and ideals, of the Stoics are far more powerful and interesting. Stoicism means knowing the difference between what we can control and we can't, and not worrying about the latter. The Stoics were masters of perspective, always taking the long view while remembering that life is short. And they were deep and insightful students of human nature, understanding how we manage to make ourselves miserable as well as how we seek and can find fulfillment. The great insights of the Stoics are spread over a wide range of ancient sources. This book brings them all together for the first time. It systematically presents what the various Stoic philosophers said on every important topic, accompanied by an eloquent commentary that is clear and concise. The result is a set of philosophy lessons for everyone—the most valuable wisdom of ages past made available for our times, and for all time.

When physical disability from combat wounds brought about Jim Stockdale's early retirement from military life, he had the distinction of being the only three-star officer in the history of the navy to wear both aviator wings and the Congressional Medal of Honor. His writings have been many and varied, but all converge on the central theme of how man can rise with dignity to prevail in the face of adversity.

The stoics lived a long time ago, but they had some startling insights into the human condition - insights which endure to

this day. The philosophical tradition, founded in Athens by Zeno of Citium in 301 BC, endured as an active movement for almost 500 years, and contributions from dazzling minds such as Cicero, Seneca and Marcus Aurelius helped create a body of thought with an extraordinary goal - to provide a rational, healthy way of living in harmony with the nature of the universe and in respect of our relationships with each other. In many ways a precursor to Cognitive Behavioural Therapy (CBT), Stoicism provides an armamentarium of strategies and techniques for developing psychological resilience, while celebrating all in life which is beautiful and important. By learning what stoicism is, you can revolutionise your life and learn how to seize the day, live happily and be a better person. This simple, empowering book shows how to use this ancient wisdom to make practical, positive changes to your life. Using thought-provoking case studies, highlighting key ideas and things to remember and providing tools for self-assessment, it demonstrates that Stoicism is a proven, profound pathway to happiness.

Brill's Companion to the Reception of Socrates, edited by Christopher Moore, provides three-dozen studies of nearly 2500 continuous years of philosophical and literary engagement with Socrates as innovative intellectual, moral exemplar, and singular Athenian.

Vice Admiral Stockdale was on active duty in the navy for thirty-seven years. As a fighter pilot operating from an aircraft carrier, he was shot down over North Vietnam in 1965. As the senior naval officer among the prisoners of war in Hanoi for seven and a half years, he was tortured fifteen times, put in leg irons for two years, and confined in solitary for four years. This experience was the crucible for his philosophical thought on issues of character, leadership, integrity, personal and public virtue, and ethics. Much of his philosophy is drawn from the Stoic philosophers, especially Epictetus, whom he had read before his capture. The selections in this volume converge around the central theme of how man can rise with dignity to prevail in the face of adversity - lessons just as valid for the challenges of present-day life as they were for the author's Vietnam experience.

A.A. Long, a leading scholar of later ancient philosophy, gives the definitive presentation of the thought of Epictetus for a broad readership, showing its continued relevance.

From the team that brought you *The Obstacle Is the Way* and *Ego Is the Enemy*, a beautiful daily devotional of Stoic meditations—an instant Wall Street Journal and USA Today Bestseller. Why have history's greatest minds—from George Washington to Frederick the Great to Ralph Waldo Emerson, along with today's top performers from Super Bowl-winning football coaches to CEOs and celebrities—embraced the wisdom of the ancient Stoics? Because they realize that the most valuable wisdom is timeless and that philosophy is for living a better life, not a classroom exercise. *The Daily Stoic* offers 366 days of Stoic insights and exercises, featuring all-new translations from the Emperor Marcus Aurelius, the playwright Seneca, or slave-turned-philosopher Epictetus, as well as lesser-known luminaries like Zeno, Cleanthes, and Musonius Rufus. Every day of the year you'll find one of their pithy, powerful quotations, as well as historical anecdotes, provocative commentary, and a helpful glossary of Greek terms. By following these teachings over the course of a year (and, indeed, for years to come) you'll find the serenity, self-knowledge, and resilience you need to live well.

In the course of this compact and insightful work, Dr. Ronald Pies, tells us a little about what happiness is, and a lot about how to achieve it.

Shares President Madison's account of the debates that shaped the Constitutional Convention as well as the U.S. Constitution.

The story of the young men of "Never Quit" Delta Company at the bloody but forgotten battle of Tam Ky, Vietnam, in 1969.

Why were the American POWs imprisoned at the "Hanoi Hilton" so resilient in captivity and so successful in their subsequent careers? This book presents six principles practiced within the POW organizational culture that can be used to develop high-performance teams everywhere. The authors offer examples from both the POWs' time in captivity and their later professional lives that identify, in real-life situations, the characteristics necessary for sustainable, high-performance teamwork. The book takes readers inside the mind of James Stockdale, a fighter pilot with a degree in philosophy, who was the senior ranking officer at the Hanoi prison. The theories Stockdale practiced become readily understandable in this book. Drawing parallels between Stockdale's guiding philosophies from the Stoic Epictetus and the principles of modern sports psychology, Peter Fretwell and Taylor Baldwin Kiland show readers how to apply these principles to their own organizations and create a culture with staying power. Originally intending their book to focus on Stockdale's leadership style, the authors found that his approach toward completing a mission was to assure that it could be accomplished without him. Stockdale, they explain, had created a mission-centric organization, not a leader-centric organization. He had understood that a truly sustainable culture must not be dependent on a single individual. At one level, this book is a business school case study. It is also an examination of how leadership and organizational principles employed in the crucible of a Hanoi prison align with today's sports psychology and modern psychological theories and therapies, as well as the training principles used by Olympic athletes and Navy SEALs. Any group willing to apply these principles can move their mission forward and create a culture with staying power—one that outlives individual members.

*The Good Life Handbook* is a rendering of *Enchiridion* in plain English. It is a concise summary of the teachings of Epictetus, as transcribed and later summarized by his student Flavius Arrian. The Handbook is a guide to the good life. It answers the question, "How can we be good and live free and happy, no matter what else is happening around us?" Ancient Stoics lived in a time of turmoil under difficult conditions. So, the solutions they found to living free were tested under very stringent conditions. For example, the author of this Handbook was a lame slave who made himself free and happy later in life by following the principles set out in this book. Now *The Stoic Gym* offers *The Good Life Handbook* by Dr Chuck Chakrapani to interested readers in this handy pocket edition. Please get your copy in your favorite online bookstore.

Thomas Sowell gives you his ins and outs about writing. He describes the challenge of dealing with publishers, copy-editors, and book reviewers.

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