



THE STOIC GYM

VISIT OUR NEW WEBSITE

<https://thestoicgym.com/>

For everything Stoic

Over the past several months, we have been redesigning our website in an effort to make it the single most useful website for Stoic practitioners. While the website does offer articles that relate to Stoic theory, our main emphasis is on practice: What can I do now to lead a better life?

The basic website is complete now. In the coming weeks and months we will be adding more features to the site.

Read any article ever published

All the articles ever published in the THE STOIC magazine are on the site. You can read them in pdf or text form. You can print any article that you want to save.

Search any article by author or topic

All articles are in a searchable database. You can search the articles either by topic or by author. Save or bookmark anything that interests you for future reference.

Read ancient texts in modern English

You can find here the entire Discourses by Epictetus rendered into plain English. You can also find other

ancient Stoic writings.

Read our blog

Our blogs are mostly about how to use the Stoic principles to lead the good life. Most of our blogs are not about esoteric Stoic theories. They are about how you can use the Stoic principles right away to lead a better a life.

Read book reviews

From time to time we review new books on Stoicism. They're here.

Get free books

You can get free books such as *The Good Life Handbook* (Epictetus Enchiridion) and *A Fortunate Storm* (history of ancient Stoicism).

Find a Stoic group

If you want to find a Stoic group that may be around where you live, you will find it on our website.

Find Stoic exercises

Many Stoics use mental exercises to practice Stoicism. We have many such exercises for you here.

Please visit <https://thestoicgym.com/> and let us know what you think.

HOUSEKEEPING

Disclosure

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Views of columnists

THE STOIC is a curated publication. This means we do take care that what goes into the magazine meets our quality standards. However, within reason, columnists are free to express their opinions. So any opinion expressed in the magazine should be treated as that of the columnist and not of THE STOIC.

Back issues

We do not carry back issues of THE STOIC. However, they may be obtained from [Magzter](#). Your comments and suggestions are most welcome. Please feel free to comment on the magazine, its contents, quality, etc. We may publish your comments from time to time. Please address all your comments to thestoic@thestoicgym.com.

Writing for THE STOIC

THE STOIC is a carefully curated publication. If you would like to contribute an article to THE STOIC, please keep the following in mind. The articles should be applied in nature, should not be longer than 550 words, and must be written in plain English. All Stoic quotes should be fully sourced (e.g., Not "Marcus Aurelius, Meditations," but "Marcus Aurelius, Meditations 7.11)