

HOW TO BE A STOIC WHEN YOU DON'T KNOW HOW

Learn the fundamentals of Stoicism in ten short weeks

A UNIQUE 10-WEEK COURSE

Whether you are new to Stoicism or have been practicing Stoicism for a while, this course is for you. We believe that, to be a Stoic, first you need to have a systematic understanding of Stoicism. Second, even more important, you have to practice it systematically. This course aims to (1) teach the basic principles of Stoicism in simple English with modern examples; and (2) provide systematic exercises so you can practice what you have learned. This course strips Stoicism of its nonessential components and concentrates only on the most important principles that are relevant to our everyday life.

CAREFULLY DESIGNED

The course is designed to help those who would like to understand and practice the fundamentals of Stoicism, but are hard pressed for time. This unique course put together by The Stoic Gym is a special 10-week self-study training course, carefully designed to teach the essence of Stoicism.

Each week's lesson starts with a big idea, followed by a discussion of how it works in practice, supported by a Stoic exercise to reinforce it, and a Stoic quote.

HOW DOES THE COURSE WORK?

The course has ten lessons, one for each week.

- Each lesson starts with an explanation of a critical Stoic concept and how it applies to your daily life.

- Three specially selected readings from modern and ancient Stoics follow this.
- In the third section of each lesson, you are given a carefully created exercise for the week so you can apply your understanding to your daily life.
- You are given a quote to repeat throughout the day for each day of the week.

WHAT WILL YOU LEARN?

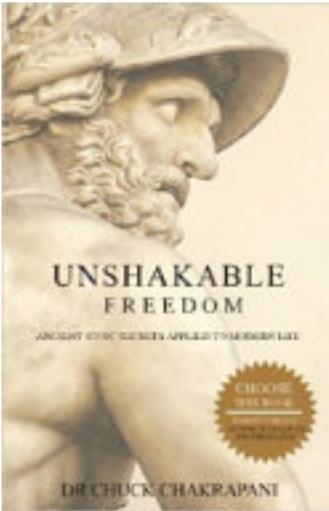
Here is what you will learn in ten weeks:

- The foundational principles of Stoicism
- Four special skills we need to practice Stoicism
- Three disciplines we need to develop
- How to live a Stoic life
- How to enjoy the festival of life

By the time you finish the course, you should have a solid understanding of the foundations of Stoicism. You will know how your judgments create all your problems, how to avoid them by living in accordance with nature, how to use the principle of dichotomy to live effectively, why you need to practice the four virtues—wisdom, justice, moderation, and courage—and how to practice the three disciplines: assent, desire, and action.

You will know how to apply what you have learned to your daily life. And, most importantly, you will learn how to enjoy the festival of life! Because this is a self-study course, you can learn at your own pace. This course was very carefully designed by The Stoic Gym to enable you to learn all the fundamentals quickly and easily.

Get your copy of the course today! <https://amzn.to/2PioGFc>



UNSHAKABLE FREEDOM

How to be free no matter what

ACHIEVING UNSHAKABLE FREEDOM

How can we achieve total personal freedom when we have so many obligations and so many demands on our time? Is personal freedom even possible? Yes, it is possible, said the Stoics and gave us a blueprint for freedom. The teachings were lost but have been rediscovered in recent times and form the basis of modern cognitive therapy.

In his book, *Unshakable Freedom*, Dr. Chuck Chakrapani outlines the Stoic secrets for achieving total freedom, no matter who you are and what obstacles you face in life. Using modern examples, Chuck explores how anyone can achieve personal freedom by practicing a few mind-training techniques.

The book is built around six big ideas:

Problems are only problems if you believe they are.

Leave your past behind.

Don't let the indifferents rob your freedom.

Where there is fear, freedom is not.

You can never lose anything because you don't own anything.

Life is a festival. Enjoy it now.

CONTENTS OF THIS BOOK

1. Freedom is a choice
2. What the Stoics knew that we don't
3. Be free to enjoy every sandwich
4. Be free of the past
5. Be free of the emotional roller coaster
6. Be free of fear
7. Be free of future anxieties
8. Be free to enjoy the festival of life
9. The Stoic model of freedom
10. Where did Stoicism come from?
11. Unshakable freedom: Reality or fantasy?

12. Freedom and physical fitness

13. Freedom and mental fitness

Each main chapter of this book concludes with an exercise aimed to reinforce what you have learned and practice it in your daily life.

WHAT OTHERS ARE SAYING ABOUT THIS BOOK

One of the best books on Stoicism

This book is probably one of the best introductions to Stoicism that I've read. I think it's very well-written. The philosophy seems crystal clear and the use of examples from various famous philosophers and modern role models makes it engaging and easy to read. I really think Chuck has a way of expressing Stoic ideas that's very clear and concise. I would definitely recommend that people who are new to the subject start with a book like this...I'm not sure how he managed to cover so much ground so well in so few pages but he did, and I find that very impressive...Chuck's book is a page-turner that gives you more bang for your buck. Sorry to have wasted your time but it's probably easier to read than my review to be honest! I know that if I can persuade someone to read this – and they should – then they'll probably get through it in a few hours, enjoy the whole thing, and come away with an accurate and workable idea of Stoic philosophy. So please do just go and read it.

Donald Robertson, Author *How to Think Like a Roman Emperor*

A wonderful book

If you want to apply [the Stoic principles] right away, it is a wonderful book for that. This will help a lot of people. This is a gateway book.

Dr. Gregory Sadler, *Sadler's Honest Book Reviews*

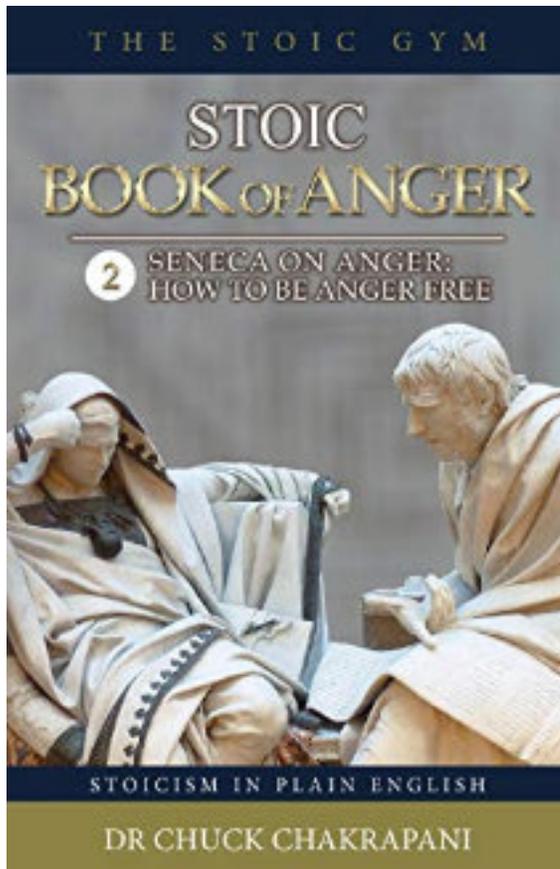
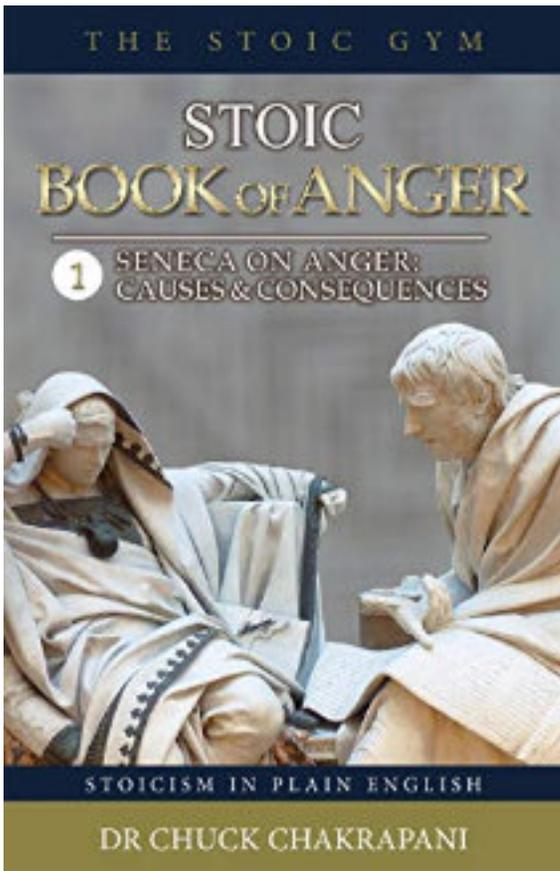
Choose this book

Chuck Chakrapani reveals for modern eyes what the ancient Stoics knew: True freedom comes from choosing wisely. Here's an aligned piece of advice – choose this book.

Robert Cialdini PhD, Author *Influence*

The absolute best book by far ... Highly recommended. I've gifted it to quite a few people.

Illegalturn, reddit/r/stoicism



RECENT RELEASES

BE FOREVER ANGER FREE!

STOIC BOOK OF ANGER

(SENCA'S *ON ANGER* IN PLAIN ENGLISH)

Stoic Book of Anger is the plain English version of Seneca's three-book classic, *On Anger*. Seneca's *On Anger* is probably one of the best books ever written on the subject. It is a detailed analysis of anger: what causes it, what price we pay for it, and how we can be totally free from it. Seneca warns us that "NO PLAGUE HAS DONE GREATER HARM TO HUMANKIND." He had firsthand experience with anger, having faced the wrath of three Roman Emperors: Caligula, Claudius, and Nero.

STOIC BOOK OF ANGER

1. ANGER: CAUSES & CONSEQUENCES

Volume I of *Stoic Book of Anger*, encompassing the first two books of *On Anger*, explores the causes and consequences of anger.

- What causes anger?
- Why is anger destructive?
- Does anger serve any useful purpose?
- Can we completely get rid of anger?
- How can we manage anger?

In the second companion volume, Seneca provides specific strategies to control and eliminate anger from our lives. If you are ever bothered by anger—either yours or others—you cannot afford not to read this Stoic classic. Get your copy now! <https://amzn.to/3hMnGVS>

STOIC BOOK OF ANGER

2. HOW TO BE ANGER-FREE

In Volume 2, which covers the third book of *On Anger*, Seneca answers questions like:

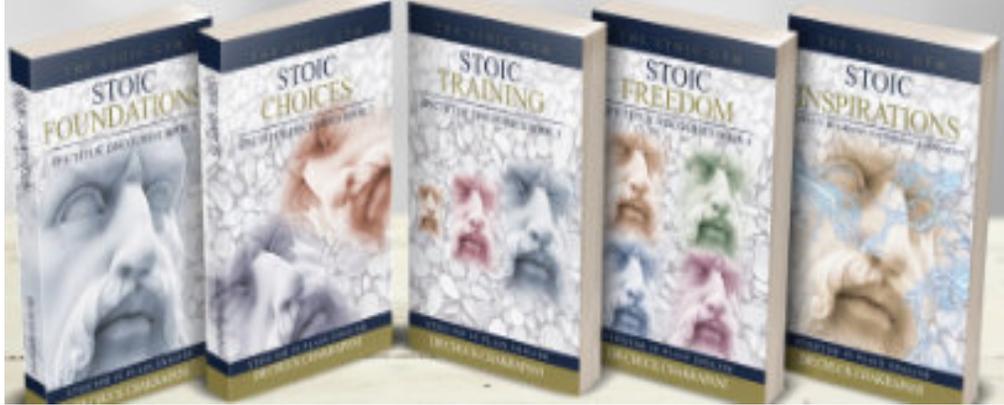
- Why we should avoid anger
- How to stop anger arising
- Historical examples we should avoid
- Historical examples we should follow
- What strategies you should adopt to be completely anger-free

If you are ever bothered by anger—either yours or others'—you cannot afford not to read this Stoic classic.

Get your copy now! <https://amzn.to/3hMDJCT>

STOICISM IN PLAIN ENGLISH

Ancient Stoic texts in modern English



THE COMPLETE WORKS OF EPICTETUS (5 VOLUMES)

STOIC FOUNDATIONS (DISCOURSES BOOK 1)

Stoic Foundations revolves around 10 themes which are also repeated in other places throughout *Discourses*. These are:

- *Concern yourself with only what is in your power*
- *Be content to let things happen as they do*
- *Your thinking, not the externals, drives your behavior*
- *Do not place value on external things*
- *Don't give in to your anger or animal instincts*
- *You can handle anything; always act your best*
- *Learn to think properly and logically*
- *Practice, not knowledge, results in progress*
- *Only you can make you happy*

STOIC CHOICES (DISCOURSES BOOK 2)

Stoic Choices discusses some of the choices open to us:

- *What should you act upon: External things or internal things?*
- *When should you choose to be confident and when to be cautious in making decisions?*
- *What should you protect: Your inherent qualities or qualities that are not inherent to you?*
- *Is there a choice between knowledge and action?*
- *Is there a choice between knowledge and*

anxiety?

- *Should you study logic? Why?*
- *Choose to be faithful.*
- *Choose habits that fight impressions.*
- *Show yourself to be worthy.*
- *Choose to be skillful.*

STOIC TRAINING (DISCOURSES BOOK 3)

Stoic Training shows how to train ourselves in Stoic philosophy.

- *Stoic training aims to make you excellent as a human being.*
- *Stoic training consists of three disciplines: desire, action and assent.*
- *Stoic training consists only of dealing with one's choices.*
- *Train your mind to want whatever actually happens.*
- *Stoic training means to prepare ourselves for the challenges to come.*
- *Ascetic training is unnecessary unless it serves some purpose.*
- *Train to see things as they are without adding your judgments to them.*
- *Your judgments are the sole cause of your distress, because nothing outside of you can harm you.*
- *Don't imitate others without understanding the basis of their actions.*
- *Train to be at home wherever you are.*
- *Things are impermanent.*
- *Your goal is happiness and good fortune.*

STOIC FREEDOM (DISCOURSES BOOK 4)

The main concern of Epictetus is human freedom. How to be free irrespective what happens to us? In these brilliant discourses, Epictetus shows us how to be free and what a free person looks like.

- *A free person is not in conflict with anyone.*
- *A free person is patient.*
- *A free person is not envious.*
- *A free person is not anxious.*
- *A free person is pure.*
- *A free person is steadfast.*
- *A free person chooses what to reveal about themselves and when.*

STOIC INSPIRATIONS

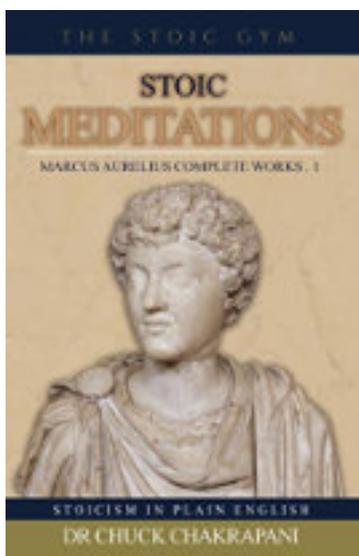
Stoic Inspirations is the fifth book in the *Stoicism in Plain English* series and completes the works of Epictetus. It contains Epictetus' sayings (*Fragments*) some of which are not found in *Discourses*, a concise summary of Epictetus' teachings (*Enchiridion*) by Flavius Arrian, inspirational extracts (*Golden Sayings*) from Epictetus' works by Hastings Crossley, and a biography of Epictetus.

Available in print and digital editions from Amazon at
<https://amazon.to/3ea1MdO>

STOICISM IN PLAIN ENGLISH

Ancient Stoic texts in modern English

THE COMPLETE WORKS OF MARCUS AURELIUS (2 VOLUMES)



STOIC MEDITATIONS

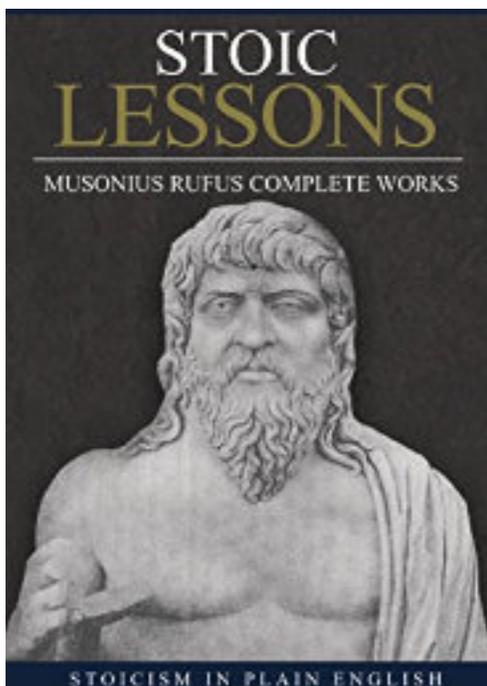
Meditations is the personal journal kept by the beloved Roman Emperor Marcus Aurelius. It was never meant for publication and yet, after his death, it has become probably the most widely read book on Stoic philosophy. *Meditations* is a deeply moving personal journal which is uplifting and invigorating.

<https://amzn.to/2DqLLiT>

AURELIUS THE UNKNOWN

While *Meditations* is one of the best-read Stoic books, not many of us know about Marcus' other writings: his personal letters and speeches. For the first time ever *Aurelius, the Unknown* presents all his letters and speeches in a single volume. This volume also includes a biographic sketch and several anecdotes from his life. A must-read for all fans of Marcus Aurelius. <https://amzn.to/2A1ssxl>

THE COMPLETE WORKS OF MUSONIUS RUFUS (SINGLE VOLUME)



STOIC LESSONS

This is the complete works of Musonius Rufus (25-95CE), the man who taught Epictetus. While he was very well-known and respected during his time, he is less widely known now. He was a social activist, a proto-feminist, a vegetarian, and a minimalist. No topic is too small or too big for him. Here are some of the topics covered in this book

- *Women and men are equal.*
- *Why hardships are of little importance.*
- *Why everyone should study philosophy.*
- *Where you live or are forced to live is of no importance.*
- *Don't take things personally and be personally insulted.*
- *Live "according to nature".*
- *Live a virtuous family life.*
- *Live a simple life.*
- *Children should obey their parents, but not indiscriminately.*

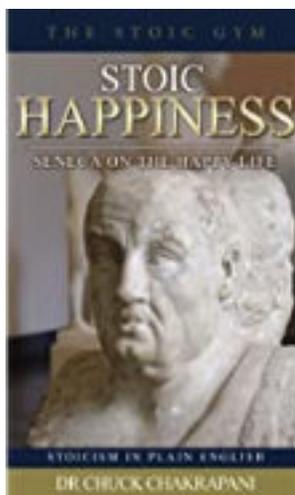
If you keep practicing virtue, you don't need anything special in your old age.

<https://amzn.to/3hyaYcB>

STOICISM IN PLAIN ENGLISH

Ancient Stoic texts in modern English

THE COMPLETE WORKS OF SENECA (IN PROGRESS)



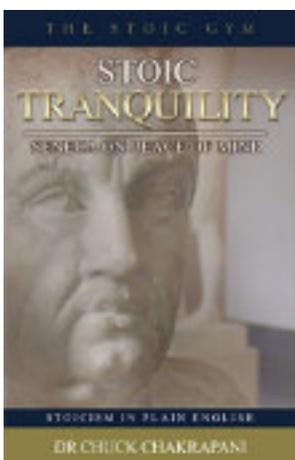
STOIC HAPPINESS

“If you want to be happy, don't follow the crowd,” warns Seneca, one of the best exponents of Stoicism.

Seneca was concerned about applying Stoicism to everyday life. How can we make Stoicism work for us, so we can live happily, fearlessly, and peacefully? In this short book addressed to his brother, Seneca addresses the problem of happiness.

- *What are the basics of happiness?*
- *What is the path to happiness?*
- *How to use pleasure and not be used by it.*
- *Why should we ignore criticism and pursue virtue?*
- *How to enjoy wealth that comes our way and not be a slave to it.*

<https://amzn.to/36ralwL>



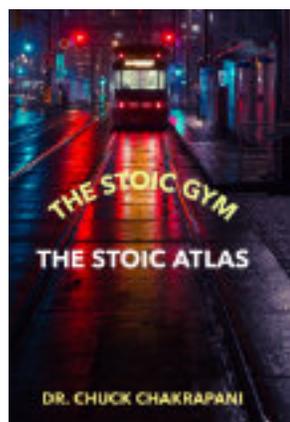
STOIC TRANQUILITY

In this gentle book, Seneca explains how to achieve a tranquil life, and advises on how to be peaceful, no matter what happens in life.

Contents.

- *Why We Are Restless.*
- *Be Alive Until You Die.*
- *Match Your Tasks With Your Ability*
- *Be Careful in Choosing a Friend*
- *Don't go After Possessions*
- *Avoid Excess*
- *Handle Life With Skill*
- *Foresee Adversity*
- *Avoid Useless Activity*
- *Be Prepared for Disappointments*
- *Avoid Stubbornness and Indecision*
- *Take a Lighter View of Things .*
- *When Bad Things Happen to Good People*
- *Relax, Practice Moderation, and Be Vigilant*

<https://amzn.to/34yqlht>



STOIC ATLAS

This short volume is an indispensable reference for modern Stoics. It covers the following topics:

- The Geography of Ancient Stoicism * The Geography of Modern Stoicism
- The Timeline of Ancient Stoicism * The Timeline of Modern Stoicism
- Stoicism in Words, Pictures, and Numbers
- The History of Ancient Stoicism * The History of Modern Stoicism
- An Outline of Ancient Stoicism * An Outline of Modern Stoicism with pictures of Stoic sites (both ancient and modern) and photographs of the Modern Stoic movement.

Both the online and the print editions are in full colour, beautifully produced.

Get your copy now! <https://amzn.to/2Wd8s1O>