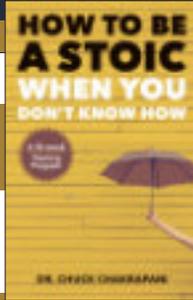


STOICISM FOR LIFE

Learn the fundamentals of Stoicism in 10 short weeks

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



A UNIQUE 10-WEEK SELF-STUDY COURSEHELP

This carefully designed course aims to teach the basic principles of Stoicism in simple English with modern examples. 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 COURSEWORK?

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.

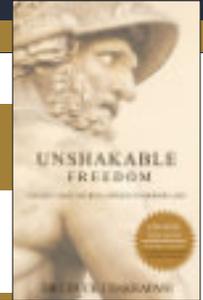
By the time you finish the course, you should have a solid understanding of the foundations of Stoicism and how to apply what you have learned to your daily life. And, most importantly, you will learn how to enjoy the festival of life!

Get your copy of the course today!

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

Be free no matter what

UNSHAKABLE FREEDOM



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 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.*

WHAT OTHERS ARE SAYING ABOUT THIS BOOK

One of the best books on Stoicism... Please go and read it. – Donald Robertson, *Author How to Think Like a Roman Emperor*
This book is probably one of the best introductions to Stoicism that I've read... 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'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... So please just go and read it.

A wonderful book – Dr. Gregory Sadler, *Sadler's Honest Book Reviews*
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.

Choose this book – Robert Cialdini, *Author of Influence*
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.

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