

# 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 behaviour
- 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)

In [Stoic Freedom](#), Epictetus shows us how to achieve freedom. How to be free irrespective of 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.

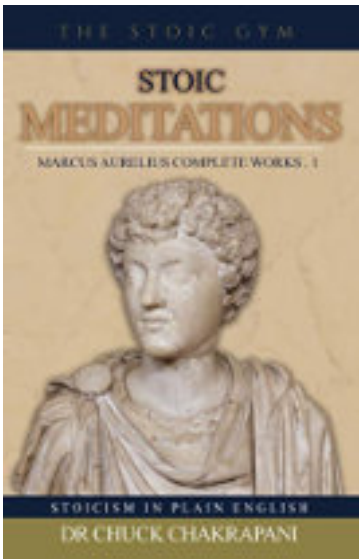
### STOIC INSPIRATIONS

[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.

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## THE COMPLETE WORKS OF MARCUS AURELIUS (2 VOLUMES)



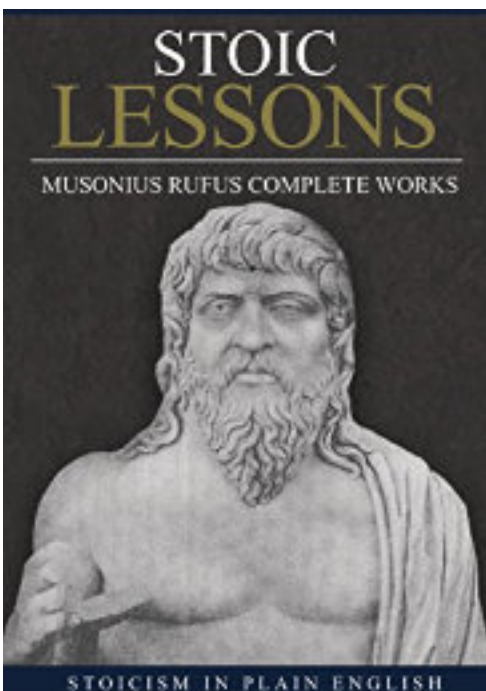
### STOIC MEDITATIONS

*Stoic 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.

### 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.

## 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

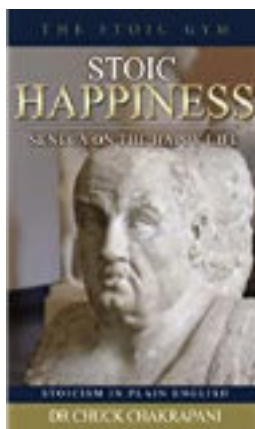
- Women and men are equal.
- Why hardships are of little importance.
- Why everyone should study philosophy.
- Where you live or are forced to live is of no importance.
- Don't take things personally and be personally insulted.
- Live "according to nature".
- Live a virtuous family life.
- Live a simple life.
- Children should obey their parents, but not indiscriminately.
- If you keep practicing virtue, you don't need anything special in your old age.

[Get your copy here!](#)

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## THE COMPLETE WORKS OF SENECA (IN PROGRESS)



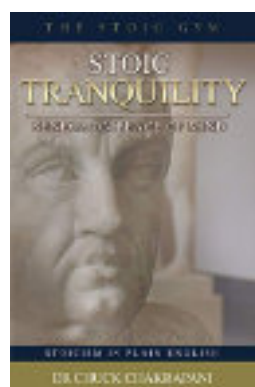
### STOIC HAPPINESS

“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/3o95QOx>



### 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>