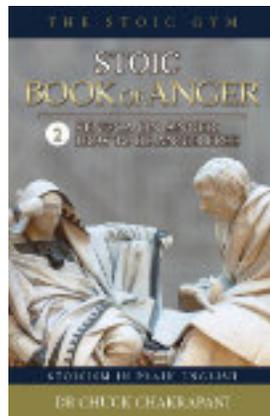


# STOICISM IN PLAIN ENGLISH

## SENECA (THE COMPLETE WORKS, IN PROGRESS)

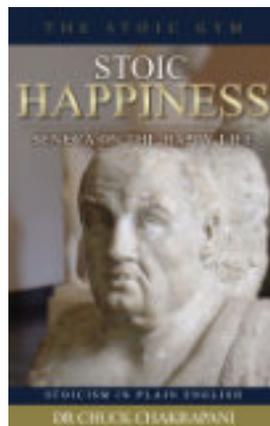
### THE BOOK OF ANGER (IN TWO VOLUMES)

Seneca's *On Anger*, one of the best books ever written on the subject, is a detailed analysis of anger: what causes it, what price we pay for it, and how we can be totally free from it. In Volume 1 of *Stoic Book of Anger*, Seneca 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 Volume 2, Seneca provides specific strategies to control and eliminate anger from our lives. If you are ever bothered by your anger (or the anger of others) you cannot afford not to read this Stoic classic. It provides answers to questions like why we should avoid anger, how to stop anger arising, what examples we should avoid following, what examples we should follow, and what strategies we 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.  
<https://amzn.to/38ZYxE4>



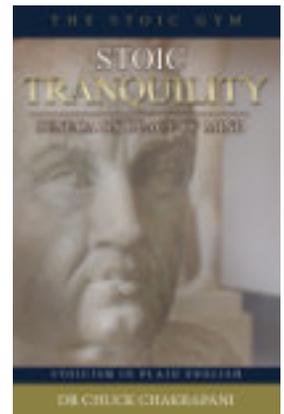
### STOIC HAPPINESS

“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/3tHOz2d>



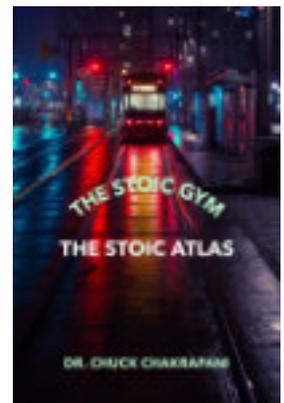
### STOIC TRANQUILITY

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: Why we are restless? This short book covers a wide range of topics: Being alive until you die, matching your tasks with your ability, being careful in choosing a friend, avoiding excess, handling life with skill, foreseeing adversity, being prepared for disappointments, avoiding stubbornness and indecision, taking a lighter view of things, handling misfortunes and being vigilant. <https://amzn.to/2Qn1fx3>



### STOIC ATLAS (A REFERENCE BOOK)

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>



Ancient Stoic teachings  
In modern English