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Sommario/riassunto	Introduction. Part One: The Rise of Stoicism. The Birth of Philosophy. The First Stoics. The Roman Stoics. Part Two: Stoic Psychological Techniques. Negative Visualization: What's the Worst That Can Happen?. The Dichotomy of Control: On Becoming Invincible. Fatalism: Letting Go of the Past . . . and the Present. Self-Denial: On Dealing with the Dark Side of Pleasure. Meditation: Watching Ourselves Practice Stoicism. Part Three: Stoic Advice. Duty: On Loving Mankind. Social Relations: On Dealing with Other People. Insults: On Putting Up with Put-Downs. Grief: On Conquering Tears with Reason. An