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Nota di contenuto	A cosmic spider's web : the stoic cosmos -- Pulled by the hair : how knowledge is possible -- Virtue and invincibility -- No place to shit : the good and conveniences -- Canonical stoic view of indifferents -- Living in agreement with nature -- Homologia : growing toward the good -- Fate and the lazy argument -- On dry ground : stoic apatheia -- Javelin-throwing : rules of right conduct -- Stoic paradoxes : the stoic lapith -- Useless weapons : knowing oneself -- The stoic progressor -- Stoic cosmopolitanism : standing naked before all -- The good life -- The strong odor of truth -- Freedom : leveling fortune -- Lifting the stone of ajax -- A complete life and a good death -- Oikeiosis : securing one's own in the footrace of life -- Authenticity : living with one's door open -- Virtue as peak-performance -- The invincible apprentice -- Invincibility as cosmic integration -- Equanimity in adversity -- Inconveniences : storm-clouds at sea -- Tela fortunae and life on the Dead Sea -- The troubled sleep of the fearful -- Bravery in bedclothes -- Pain: wiping a runny nose -- Anger and the baying of small dogs -- Grief and the broken crystal goblet -- Foulest death vs. fairest servitude -- Bugbears : removing the mask of

ignorance -- Equanimity in prosperity -- Gain and the gold-leaf life -- Benefaction: the cornerstone of justice -- Bacchanalian revelry : birds of the night -- Gormandizing and the soft life -- In the footsteps of hercules -- Books and scholarly self-indulgence -- Friendship and self-sufficiency -- Rest and restlessness : Addamus Calcar! -- Rest and retirement : benefiting others -- The heroic course -- Hercules at a crossroads -- The athletic paradigm : winning by endurance -- What would socrates have done? -- Education : saving the shipwrecked mariners -- Teacher as physician : towering above fortune -- Stoic curatives -- Epistemological curatives -- Ethical curatives -- Signs of progress : the contest is now  
Contents: -- List of Abbreviations -- Acknowledgements -- Introduction -- 1. The Stoic Sage -- 2. The Stoic Progressor -- 3. Equanimity in Adversity -- 4. Equanimity in Prosperity -- 5. The Heroic Course -- Ancient Sources -- Index

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## Sommario/riassunto

"Stoicism was a key philosophical movement in the Hellenistic period. Today, the stoics are central to the study of Ethics and Ancient Philosophy. In *The Stoics: A Guide for the Perplexed*, M. Andrew Holowchak sketches, from Zeno to Aurelius, a framework that captures the tenor of stoic ethical thinking in its key terms. Drawing on the readily available works of Seneca, Epictetus and Aurelius, Holowchak makes ancient texts accessible to students unfamiliar with Stoic thought. Providing ancient and modern-day examples to illustrate Stoic principles, the author guides the reader through the main themes and ideas of Stoic thought: Stoic cosmology, epistemology, views of nature, selfknowledge, perfectionism and, in particular, ethics. Holowchak also endeavours to present Stoicism as an ethically viable way of life today through rejecting their notion of ethical perfectionism in favor of a type of ethical progressivism consistent with other key Stoic principles."--  
Bloomsbury Publishing  
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