

1. Record Nr.	UNINA9910956215803321
Autore	Irvine William Braxton <1952->
Titolo	A guide to the good life : the ancient art of Stoic joy / / William B. Irvine
Pubbl/distr/stampa	Oxford ; ; New York, : Oxford University Press, 2009
ISBN	0-19-772988-6 0-19-979262-3 1-281-82603-0 9786611826031 0-19-970556-9
Edizione	[1st ed.]
Descrizione fisica	1 online resource (329 p.)
Collana	Oxford scholarship online
Classificazione	PHI000000PHI002000REL036000
Disciplina	171.2 171/.2
Soggetti	Stoics Philosophy, Ancient
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Formerly CIP. Previously issued in print: 2008.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	The rise of stoicism -- Philosophy takes an interest in life -- The first stoics -- Roman stoicism -- 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 -- Stoic advice -- Duty : on loving mankind -- Social relations : on dealing with other people -- Insults : on putting up with put-downs -- Grief : on vanquishing tears with reason -- Anger : on overcoming anti-joy -- Personal values : on seeking fame -- Personal values : on luxurious living -- Exile : on surviving a change of place -- Old age : on being banished to a nursing home -- Dying : on a good end to a good life -- On becoming a stoic : start now and prepare to be mocked -- Stoicism for modern lives -- The decline of stoicism -- Stoicism reconsidered -- Practicing stoicism.
Sommario/riassunto	One of the great fears many of us face is that despite all our effort and

striving, we will discover at the end that we have wasted our life. Irvine plumbs the wisdom of Stoic philosophy, and shows how its insight and advice are still remarkably applicable to modern lives.

---