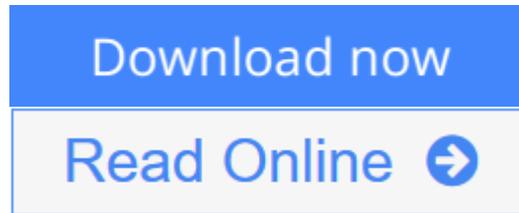


# Stoicism and the Art of Happiness (Teach Yourself: Philosophy & Religion)

By Donald Robertson



## Stoicism and the Art of Happiness (Teach Yourself: Philosophy & Religion)

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The stoics lived a long time ago, but they had some startling insights into the human condition - insights which endure to this day. The philosophical tradition, founded in Athens by Zeno of Citium in 301 BC, endured as an active movement for almost 500 years, and contributions from dazzling minds such as Cicero, Seneca and Marcus Aurelius helped create a body of thought with an extraordinary goal - to provide a rational, healthy way of living in harmony with the nature of the universe and in respect of our relationships with each other.

In many ways a precursor to Cognitive Behavioural Therapy (CBT), Stoicism provides an armamentarium of strategies and techniques for developing psychological resilience, while celebrating all in life which is beautiful and important. By learning what stoicism is, you can revolutionise your life and learn how to seize the day, live happily and be a better person.

This simple, empowering book shows how to use this ancient wisdom to make practical, positive changes to your life. Using thought-provoking case studies, highlighting key ideas and things to remember and providing tools for self-assessment, it demonstrates that Stoicism is a proven, profound pathway to happiness.

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#### About the Author

Donald Robertson is a UKCP registered psychotherapist, specialising in cognitive-behavioural therapy (CBT), clinical hypnosis, and other evidence-based approaches. He has been in practice as a therapist for over fifteen years and mainly treats clients with anxiety-related problems at his clinic in Harley Street, London. Donald is also an experienced trainer and workshop facilitator.

He is the author of dozens of articles in therapy journals and magazines and of the books *The Philosophy of Cognitive-Behavioural Therapy* (2010) and *The Practice of Cognitive-Behavioural Hypnotherapy* (in press). He is also the editor of *The Discovery of Hypnosis* (2009), the complete writings of James Braid, the founder of hypnotherapy.

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