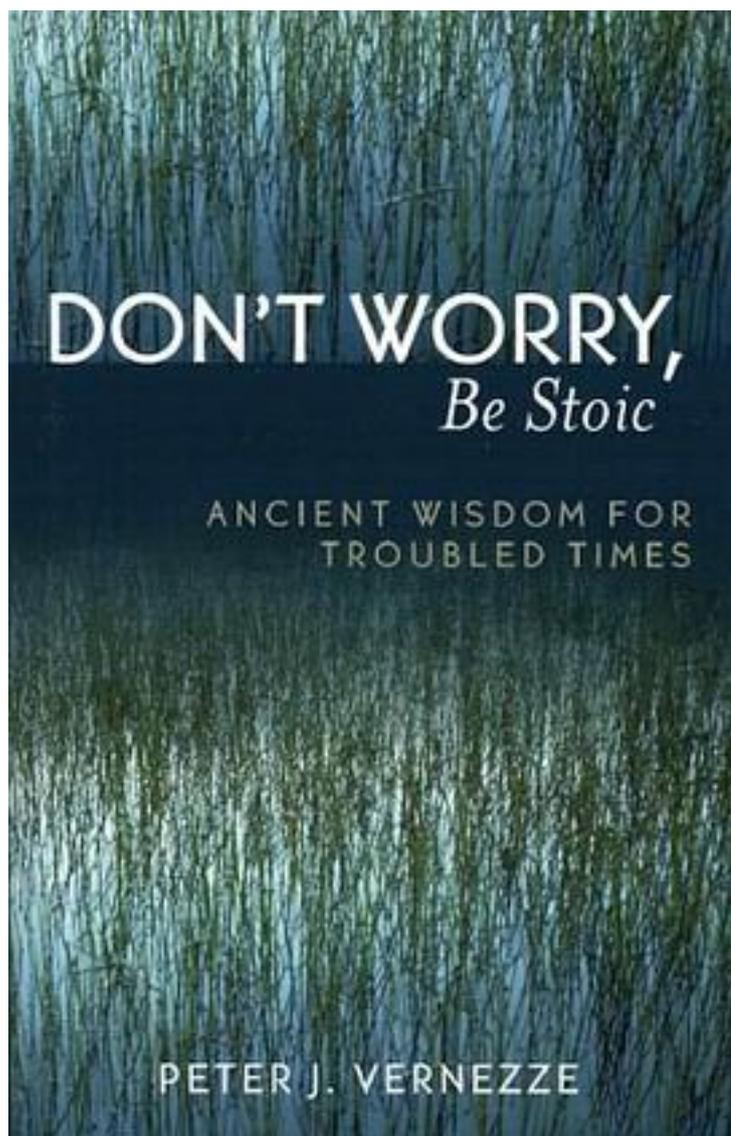


Don't Worry, Be Stoic



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This book introduces the reader to Stoicism- a philosophy whose origin lies in ancient Greece but whose relevance, as the reader will discover, has only grown with time. Through a series of short, inspiring essays, Dr. Vernezze furnishes readers with a foundation in Stoic thought as well as a system for applying it to their lives. For readers of all levels, this practical book is chicken soup for the philosopher's soul.

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