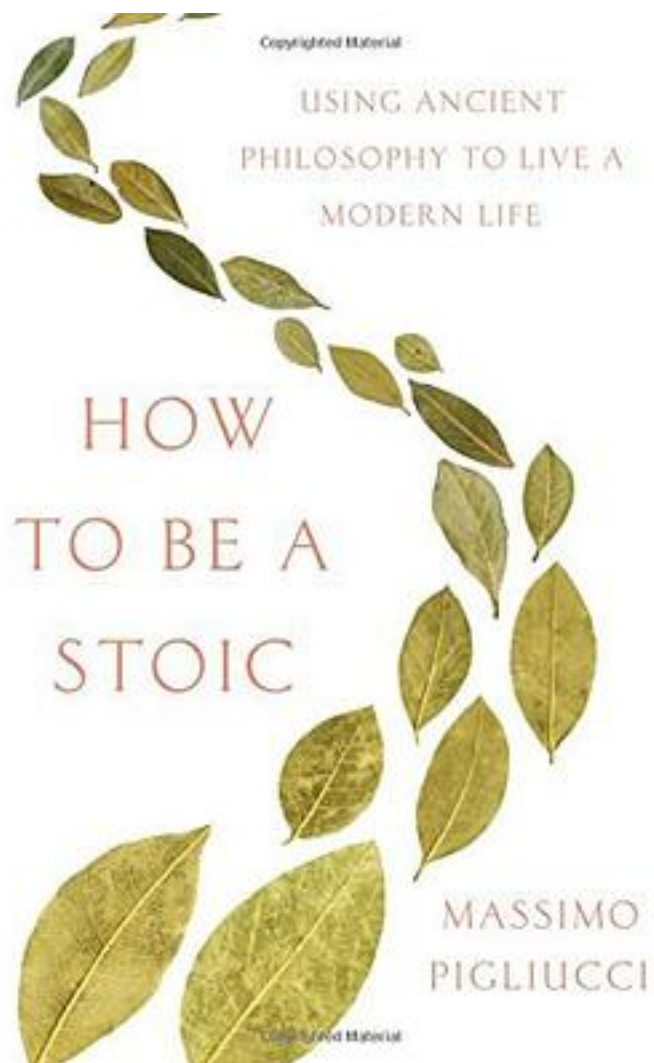


How to Be a Stoic



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著者:Massimo Pigliucci

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An engaging guide to how Stoicism--the ancient philosophy of Epictetus and Marcus Aurelius--can provide lessons for living in the modern world

Whenever we worry about what to eat, how to love, or simply how to be happy, we are worrying about how to lead a good life. No goal is more elusive. In *How to Be a Stoic*, philosopher Massimo Pigliucci offers Stoicism, the ancient philosophy that inspired the great emperor Marcus Aurelius, as the best way to attain it. Stoicism is a pragmatic philosophy that teaches us to act depending on what is within our control and separate things worth getting upset about from those that are not. By understanding Stoicism, we can learn to answer crucial questions: Should we get married or divorced? How should we bank in a world nearly destroyed by a financial crisis? How can we survive great personal tragedy? Whoever you are, Stoicism has something for you-and *How to Be a Stoic* is your essential guide.

作者介绍:

Massimo Pigliucci is a Professor of Philosophy at the City University of New York. His research is concerned with philosophy of science, the relationship between science and philosophy, and the nature of pseudoscience.

He received a Doctorate in Genetics from the University of Ferrara in Italy, a PhD in Botany from the University of Connecticut, and a PhD in Philosophy from the University of Tennessee. He has published over a hundred technical papers and several books. Prof. Pigliucci has been awarded the prestigious Dobzhansky Prize from the Society for the Study of Evolution. He has been elected fellow of the American Association for the Advancement of Science "for fundamental studies of genotype by environmental interactions and for public defense of evolutionary biology from pseudoscientific attack."

In the areas of outreach and critical thinking, Prof. Pigliucci has published in national magazines such as *Skeptic*, *Skeptical Inquirer*, *Philosophy Now*, and *The Philosopher's Magazine*, among others. He has also been elected as a Consultant for the Committee for Skeptical Inquiry. Pigliucci pens the "Rationally Speaking" blog (rationallyspeaking.org), and co-hosts the *Rationally Speaking* podcast.

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标签

哲学

斯多葛主义

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斯多葛哲学

大众哲学

Stoicism

Stoic

讲古

评论

有点无聊，感觉大都很obvious啊。。

follow your instincts and find your life purpose

4.8 stars. Learned what a Stoic is.

The key: know what is in your control, and what is not.

Nothing new

Stoic和佛学竟然有些观点很相似，比如说尘归尘，土归土。我的理解，是不因为身边的各种诱惑而沉迷，不因为害怕失败而放弃尝试，不因为贪图利益而失节。这在当今社会的确有重新倡导的必要。

Stoicism：禁欲系的哲学学派，主张听天由命，顺从命运的安排，接受苦难和死亡。
；这本书里面到处讲“美德的重要性”“…我差点读不下去了；好不容易看到一句“那美德到底是什么”，结果答案是“temperance（禁欲…）”，我差点要把这本书合上了（但是强迫人格倾向，迫使我看完了…）；可能stoicism学派不适合我吧，我还是追随我的存在主义大军8。打一星的原因是我自己不够认同这个Stoicism，仅此而已，与作者写作能力无关。

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书评

相较于苏格拉底、柏拉图、亚里士多德师徒三人，芝诺、塞内加、爱比克泰德、奥勒留等人在我国大众心目中的知名度要小许多。然而，以他们为代表的斯多亚学派是希腊化时期最负盛名的哲学流派之一，其伦理学思想源远流长，深刻影响了当时的希腊罗马社会，并为后世基督教所借鉴和发...

意大利思想家马西莫·匹格里奇的小书《哲学的指引》，有意思的一本斯多葛哲学简介，读完后觉着也算是古希腊哲学家爱比克泰德的一个传记。有点像柏拉图的《理想国》，作者想象了好多对话，然后把《爱比克泰德论说集》里的句子搬出来，非常生动有意思，两千年前的人说的话，...

对斯多葛学派感兴趣，想研习来指导自己的生活。《像哲学家一样生活》和这本书同时进行，不得不说这本书内容很浅，推导很弱，例证共鸣很少。有用内容如下：
「斯多葛学派并不是让人们隐藏或压抑情感，而是要我们承认自己的情感，反思情产生的由来，进而调节情感，使其为我所用。...

本人也是斯多葛派的信徒，安宁处世，和大家眼中的“佛系”很类似。但同时鼓励鼓起勇气采取行动去争取自己可以得到的事情。比起佛教的因果论，多了一些主动的态度。一开始拿到书就给了好评，其实更多针对的对斯多葛派的思想。读到后面又觉得很痛苦，有种闷头往前冲想赶紧读完...

遇到这本书是一个很偶然的契机。基督教史近期讲到原始基督教吸收古希腊哲学形成教义，任课老师同期推荐了两本书，一本是我正在评价的这本，另一本是布克哈特的《君士坦丁大帝时代》。本来最初打算看看后者，结果因为自己史学背景过于薄弱，阅读过程太过痛苦，无奈放弃。捧起了...

放手还是放弃？接纳还是接受？追寻还是追逐？
些许微小的差别，已经是千差万别。斯多葛的意义，是让你平静。平静地面对发生的一切。平静的接受你无法改变的一切。平静的追求你想要的一切。
爱情。从来都不是一个人的事。你付出了，并不意味着能得到相同的回报。如果付出，就...

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