



# O Estoicismo Hoje: Sabedoria Antiga para a Vida Moderna (Portuguese Edition)

*Patrick Ussher*

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Da ética estoica às emoções, de prefeitos estoicos e a atenção plena à filosofia prática, à criação dos filhos, à psicoterapia e às penitenciárias, de Star Trek e Sócrates a advogados estoicos, à literatura e ao viver estoico em geral, este livro apresenta uma coletânea abrangente de reflexões sobre como viver uma vida estoica hoje em dia. Você encontrará conselhos sobre como lidar com a adversidade, reflexões sobre a felicidade e a boa vida e depoimentos pessoais significativos de pessoas que colocam em prática o Estoicismo. Conhecerá também as ligações entre o Estoicismo e a psicoterapia, a meditação da atenção plena e as partes da cultura pop em que o Estoicismo surge inusitadamente. O livro será de interesse para acadêmicos e não acadêmicos, pois diz respeito às várias formas com que essa filosofia e modo de vida de 2300 anos permanece relevante para as preocupações e necessidades dos dias atuais.

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