



# Stoic Serenity: A Practical Course on Finding Inner Peace

*By Keith Seddon*

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## Stoic Serenity: A Practical Course on Finding Inner Peace By Keith Seddon

Readers who enter upon this practical course in the Stoic art of living will learn how Stoic principles are linked to real life, and how to enjoy the 'smooth flow of life' of the Stoic Sage who follows nature and holds to virtue, finding fearlessness, inner peace, and freedom from troubles. Readers will gain maximum advantage from the course if they acquire copies of Seneca's Letters from a Stoic (Penguin Books), and the Meditations of Marcus Aurelius (the Robin Hard translation from Wordsworth Editions is recommended). The text expands on a correspondence course previously made available by the Stoic Foundation. One student commented: 'I believe this course has changed my life, and I cannot thank you enough' - DN, Australia. The book is illustrated with pen and ink drawings.

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## **Stoic Serenity: A Practical Course on Finding Inner Peace By Keith Seddon Bibliography**

- Sales Rank: #425872 in Books
- Brand: Brand: Keith Seddon
- Published on: 2007-02-06
- Original language: English
- Number of items: 1
- Dimensions: 9.02" h x .47" w x 5.98" l, .67 pounds
- Binding: Paperback
- 204 pages

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