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### [Ancient Philosophers Reveal 4 Rituals That Will Make You Happier](#)

And it's kind of counterintuitive because you'd think people would want to escape the daily news cycle and ... later] So Marcus Aurelius' "Meditations." He's a stoic philosopher from the second ...

### [10 Questions With Jeremy Garber Of Powell's Books](#)

Sarah Holder Best book you read this year? The Daily Stoic: 366 Meditations on Wisdom, Perseverance, and the Art of Living, by Ryan

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Holiday Out-of-the-box policy idea that we aren ' t paying ...

### Brad Thor

How Socrates can teach you to tame your anxiety about death Socrates was, in many ways, a precursor to the stoic school of ... The takeaway from the meditations of Socrates, is that there ...

### How to Not Fear Death, According to Socrates

Philosophical cults whose members renounced sex and marriage for the love of wisdom multiplied in the Hellenistic world. Cynic and Stoic writers ... neglected in the daily distribution by the ...

### Catholic Nuns Through Two Millennia

I started to read some stuff by Ryan Holiday for example, which is stoicism and that's helped me a lot. It wasn't as if I was struggling with anxiety or depression, but I was trying to optimize my ...

### Rory McIlroy on Mental Health, Naomi Osaka, And How He Overcame His Lowest Moments

Thankfully, for us, we don ' t need to pore over our dusty editions of Marcus Aurelius' Meditations or Sartre ... Buddhist and Stoic Wisdom for a Sceptical Age (2018).Together with philosopher ...

### Making Aristotle Your Life Coach

June 26, 2021 • KCRW's Jonathan Bastian talks with renowned Buddhist teacher and psychologist Tara Brach about meditation, mindfulness, and trusting our "inner gold." Her books include "Radical ...

### KCRW'S Life Examined

"From his unique perspective, Amar also gives us unconventional wisdom about the Constitution and its significance throughout the nation ' s history. For one thing, we see that the Constitution has been ...

### Core Values Reading List

Summer movie season is upon us — though the release schedule has never been more confusing, with some blockbusters heading directly to streaming, and various independent films insisting on the ...