



Stoicism: How to Make Your Emotions Stronger Than Stone (Paperback)

By Alfred Corea

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Today s culture teaches us the importance of mental toughness, emotional resilience, and overall grit. The ability to persevere in the midst of challenging circumstances can mean the difference between a person being successful in life and living a life full of pain and struggle. Regardless of how talented, intelligent, socially well-adjusted and capable someone is, he or she is powerless without having honed the ability to endure hardship and adversity. No one knows more about how to achieve these strengths than the Stoics of Ancient Greece and Rome. In fact, cognitive behavioral therapy - thought to be the most effective way to treat emotional and mental disorders - is based on the beliefs of Stoicism. Psychotherapy is above all a philosophical pursuit rooted in traditions both ancient and modern. It uses rational thought exercises to overcome emotionally overwhelming situations. The same logical thought processes used in cognitive behavioral therapy to treat debilitating mental conditions can be used to fortify your emotions on a day to day basis. Most people are held down by the passionate emotions that rule their lives,...



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