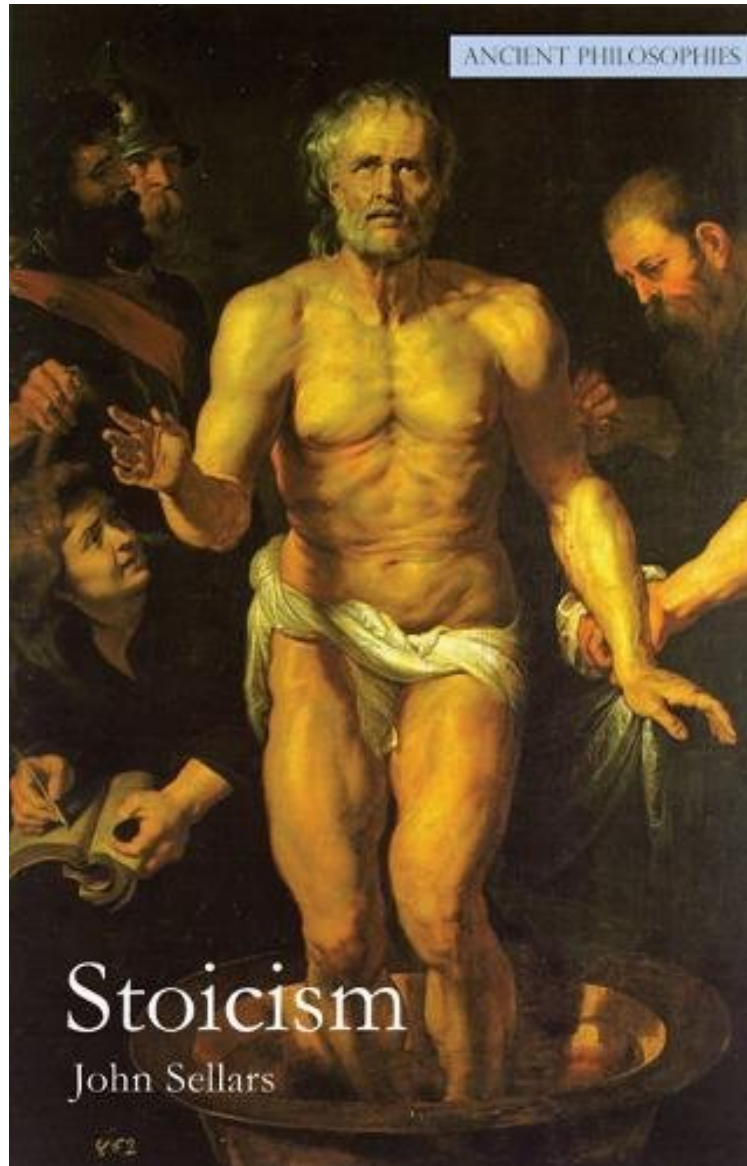


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## Stoicism (Ancient Philosophies)

*John Sellars*

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**John Sellars : Stoicism (Ancient Philosophies)** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Stoicism (Ancient Philosophies):

1 of 1 people found the following review helpful. Great second step to dive deeperBy CustomerIf you need to go beyond the "free websites" and get deeper into the Stoa, this book will take you there. It follows the standard threefold division of physics, logic, and ethics, spelling the deeper stoic ideas out in more detail, thus taking you beyond the

stereotype of "emotionless Stoics". 1 of 1 people found the following review helpful. Stoic morality, plus genesis and later thinkers inspired by the Stoics  
By Manuel "Moe" G  
The Stoic system of logic and physics are uninteresting to me, and they take up two fifths of the book. But the rest is very readable and complete - a fine book to help undertake a Stoic personal morality project in your life.  
5 of 5 people found the following review helpful. Great overview  
By Harrison Koehli  
This is a great overview of Stoic philosophy. Sellars gives a short history of the main players in the first chapter, as well as a brief rundown of the influence of Stoicism on western thought up to the 20th century. The former is pretty standard, and the latter pretty dry, in my opinion, fine for presenting the legacy of Stoicism throughout the ages, but more of an anticlimax than anything. The chapters sandwiched in between, however, are where the gems are. Sellars devotes a chapter each to the three main facets of Stoic thought: logic, physics, and ethics. He describes the Stoic view on formal logic, language theory, epistemology; their materialist (yet panpsychic) ontology, based on the two active and passive principles (mind and matter, God and world); and their work on values, morality, and virtue. Sellars writes clearly and to the point, teasing apart the Stoics' arguments, presenting alternate interpretations, and fitting it all together into a comprehensive worldview, which was the Stoics' whole point. Personally, I was struck by how much Stoicism resembles postmodern philosophers like Alfred Whitehead and David Ray Griffin. While there are certainly differences, Stoicism seems like a premodern attempt to do exactly what Whitehead attempted: create a total, comprehensive, consistent worldview taking account of all facts available. With more facts available, Whitehead (and Griffin, who presents Whitehead perhaps clearer than Whitehead himself did) has the benefit of 2000 more years of thought and science behind him, but Sellars's Stoicism (\*\*\*\*) does an excellent job of showing what Stoicism had going for it.

One of the most popular of the Hellenistic schools of philosophy in antiquity, Stoicism flourished for some five hundred years and has remained a constant presence throughout the history of Western philosophy. Its doctrines appealed to people from all strata of ancient society—from the slave Epictetus to the emperor Marcus Aurelius. This book provides a lucid, comprehensive introduction to this great philosophical school. It gives an overview of the history of the school, covers its philosophy as a system, and explores the three main branches of Stoic theory. John Sellars includes historical information on the life and works of the ancient Stoic philosophers and summaries, analyses, and appraisals of their principal doctrines in logic, physics, and ethics. He also includes a fascinating account of the Stoic legacy from later antiquity to the present. The volume includes a glossary and chronology, which, together with its accessible yet authoritative approach, makes it the ideal choice for students, scholars, and general readers interested in what Stoicism has meant, both philosophically and historically, for western civilization.

If readers are interested in Stoicism and want a solid, thoughtful introduction, then this is the book to read.