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

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### **modern stoicism**

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*stoic foundation'*

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*what cannot be or what is beyond one's power to determine'*

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**April 8th, 2020 - welcome to starting out with stoicism this blog is intended to present the teachings of stoicism in a way that anyone can understand my goal is to present**

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stoicism as a real life philosophy with real life application at the moment i am personally working through keith seddon s book stoic serenity a practical course on finding inner peace'

*'ptypes irrational strategies for obtaining happiness*

*March 28th, 2020 - the personality types which prise the ptypes typology represent irrational strategies for obtaining happiness these strategies are irrational because they pursue things not in our power and involve false judgments seddon pg 88 of what is good and evil see g sterling in other words the irrational strategies consist of the pursuit of certain preferred indifferents or the avoidance of'***an interview with brittany polat stoicism in action medium**

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arguably the best gateway into stoic philosophy'

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