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# **Stoicism Tackle Life With Courage Self Control A Sense Of Justice And Wisdom By Embracing The Stoic Philosophy Of Life English Edition By Wallace Foulds**

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*May 20th, 2020 - good fortune episode 19 is out now virtue is the first in a series to be followed by wisdom justice temperance and courage as always a transcript is available for anyone who prefers reading i wanted to tackle virtue because it s so central to stoic practice but so hard to pin down'*

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**May 20th, 2020 - self control temperance is the ability to maintain balance in your life and person and that involves self control this is a cardinal virtue as self mastery is one of stoicism s primary goals and teachings balance in your life creates balance in your world and this is achieved through the mastery of excessive passions"**stoicism

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unhappiness virtue meaning chiefly the four cardinal virtues of self control courage justice and wisdom it is our perceptions of things rather than the things themselves that cause most of our trouble'

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