
Letters From a Stoic Summary PDF Cheatsheet —

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? 1. **Become Different: The goal of philosophy should be personal change**

Seneca's Stoicism was more like psychotherapy than modern philosophy. He focused on wisdom that would help us overcome life's real problems like suffering, uncertainty and fear. He saw a lot of philosophy as being useless or even harmful.

? 2. **Thrive With Less: Getting things for social approval always leaves us unsatisfied**

We are never satisfied by consumption, especially because it's often driven by ever-shifting social trends. Instead, we should go the opposite way and learn to be happy with only the 'essential' things that fill our natural needs of hunger, shelter and security.

? 3. **Escape Imagination: Becoming free of both fear and hope**

Fear and hope are both caused by the same thing—our mind projecting into the future through imagination. So if we can stop doing that, then we will stop both hope and fear. Practically, we can learn mindfulness skills to better remain in the present moment.

?? 4. **Get Ready For Tragedy: Preparing for life's unpredictable misfortunes**

When faced with a tragedy, we can find some comfort in knowing that things tend to rebuild stronger in life. To prepare for life's inevitable tragedies, we should think about all the things that could possibly go wrong, even if they are very unlikely to happen.

? 5. **Seek Fellowship: Learning from and teaching others both lead to mutual improvement**

Seneca would recommend learning from someone else in-person if possible, because we often learn more from seeing WHO someone is than what they say. When we teach, we learn even more because we must truly understand something to explain it.

? 6. **Rehearse Death: Forever breaking our slavery to fear**

A key Stoic technique is to regularly remember that you're going to die. This fact of death can help relieve our fears, especially about what people think. In a short time, we will all return to dust in this physical world.

This is just a sample!

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