



## Introduction

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# Introduction to Stoicism

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Stoicism is a philosophy that teaches how to live a good life. It is based on the idea that we should live in accordance with nature. This means that we should accept what we cannot control and focus on what we can control. Stoicism is a practical philosophy that can help us live a more virtuous and fulfilling life. It is a philosophy that has been practiced for over 2,000 years and is still relevant today. Stoicism is a philosophy that can help us live a more virtuous and fulfilling life. It is a philosophy that has been practiced for over 2,000 years and is still relevant today.

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