

## User Manual

# THE STOIC WAY<sup>®</sup>

Embrace Mental Mastery, Embody Success



### 1. Introduction

Stoicism is an old and misunderstood school of thought. Stoicism focuses on reason, self-control, and the acceptance of fate. The lack of a daily reminder to be in control of your thoughts, reasoning, and situations, as well as the act of being good and being better is a massive problem in our world. It is mostly gone and has been replaced with selfish hedonism. Most people who follow a school of thought or faith have different means of achieving that daily reminder, however, most stoics are far and few between and hence have barely any choices in this niche market.

The Stoic Way is a desktop application that displays a different quote every day on your computer screen. The quotes are usually inspirational and motivational, and they can help you start your day with a positive and grounded mindset. The purpose for this project is to create a simple “Quote of the Day” desktop application for the main purpose of consistent reminders for the end-user to be grounded in reality and be present at the moment they are reading it.

The Stoic Way is a Quote of the Day application that gives you a Stoic quote every time your machine boots up and doubles as a Pomodoro Timer that allows you to set and manage two timers for tracking time intervals. This user manual provides instructions on how to use The Stoic Way effectively.

### 2. Installation

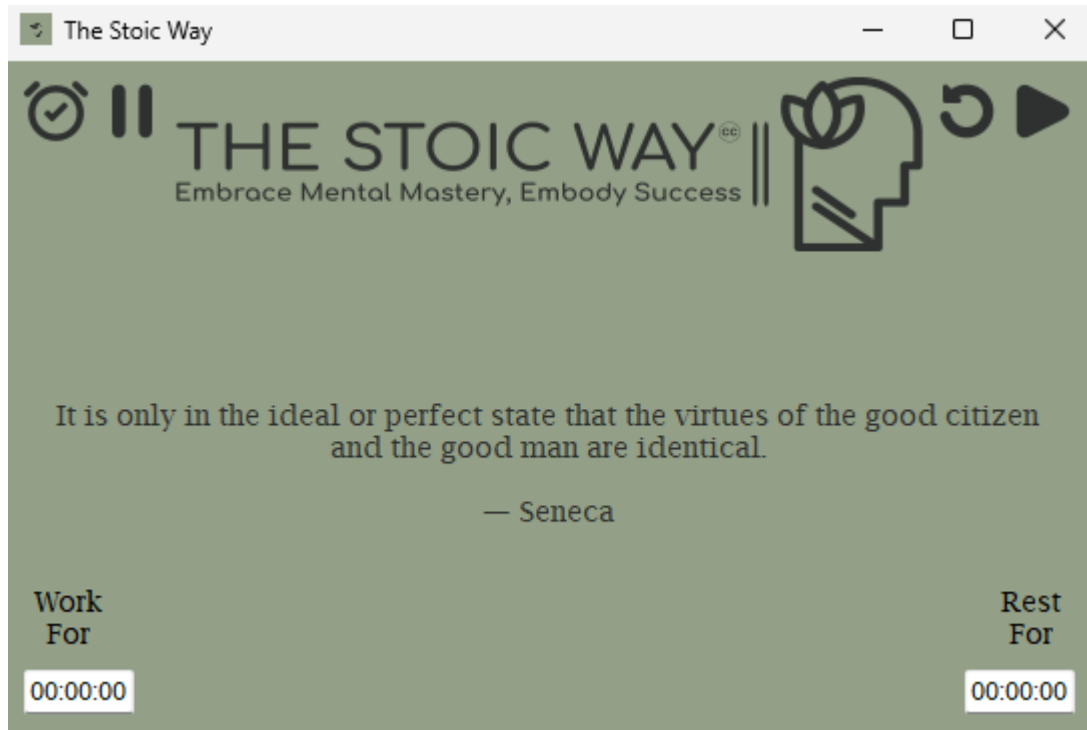
The Timer App will be automatically installed in the following directory:

C:\Program Files (x86)



### 3. Application Interface

Upon launching The Stoic Way, you will see the following interface:



The application interface consists of the following elements:

- Two input fields: These are masked text boxes that accept time input in the format of 90:00:00.
- Four buttons: Resume, Start, Reset, and Pause.


### 4. Input Fields

The two input fields allow you to set the timers. However, please note the following limitations:


- The input format for the timers is 90:00:00.
- The maximum value that can be entered for the timers is 23:59:59.
- If you attempt to input an invalid value such as 99:99:99, an error will occur, and the entire application will be reset.

## 5. Buttons

The Stoic Way provides four buttons for controlling the timers. Here's what each button does:

Resume: 

- Function: Resumes the timer depending on which timer is running.
- Usage: Click the Resume button to continue the paused timer. The resume function applies to the timer that was previously paused.

Start: 

- Function: Starts the work timer.
- Usage: Click the Start button to begin the work timer. The work timer will count down from the value set in the input field.

Reset: 

- Function: Resets the entire application, including buttons, timers, and input fields.
- Usage: Click the Reset button to reset The Stoic Way to its initial state. This action will clear any entered values and stop any running timers.

Pause: 

- Function: Pauses the timer depending on which timer is running.
- Usage: Click the Pause button to temporarily pause the active timer. The pause function applies to the timer that is currently running.

## 6. Application Behavior

- The Stoic Way cannot be resized. It is displayed in a fixed size and layout.
- However, you can minimize the application by clicking the minimize button in the window's title bar.
- When the rest timer starts, The Stoic Way will automatically minimize itself.
- When the rest timer completes, The Stoic Way will restore itself to the previous state.

Note: It's important to use The Stoic Way responsibly and adhere to any specific guidelines or regulations regarding time tracking in your context.

## 7. Conclusion

The Stoic Way provides various quotes every time it is ran and provides a User Interface (UI) for a Pomodoro Timer. Use the input fields to set the timers, and utilize the buttons to control and monitor the timers' progress. If you encounter any issues or have further questions, please confide in the [issues](#) section of the Github repository.

