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Specifically, I am referring to Stoicism, which, in my opinion, is the most practical of all philosophies. A brief synopsis on this particular school of Hellenistic philosophy: Stoicism was founded in Athens by

STOICISM: PRACTICAL PHILOSOPHY YOU CAN ACTUALLY USE

and more specific, step-by-step guidance on certain Stoic exercises. These materials have been prepared by experts in the field and give you an unusual, and free, chance for personal development.

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Stoic Philosophy - Sophia Project

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Practical Stoicism - How To Use Stoic Approach to Feel Bulletproof

If the Stoics then did not add much to the body of Philosophy, they did a great work in popularising it and bringing it to bear upon life. An intense practicality was a mark of the later Greek philosophy.

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