

# Main Themes of the Stoics

## (Sellars, *Lessons in Stoicism*)

- How to live
- How to understand one's place in the world
- How to cope when things don't go well
- How to manage one's emotions
- How to behave toward others
- How to live a good life  
(as a rational human being)

"Stoics speak to some of the day-to-day issues that face anyone trying to navigate their way through life."