

Stoicism

It is a philosophy that aims to give direction to our lives. It provides concrete tools to enhance happiness and overcome adversity.



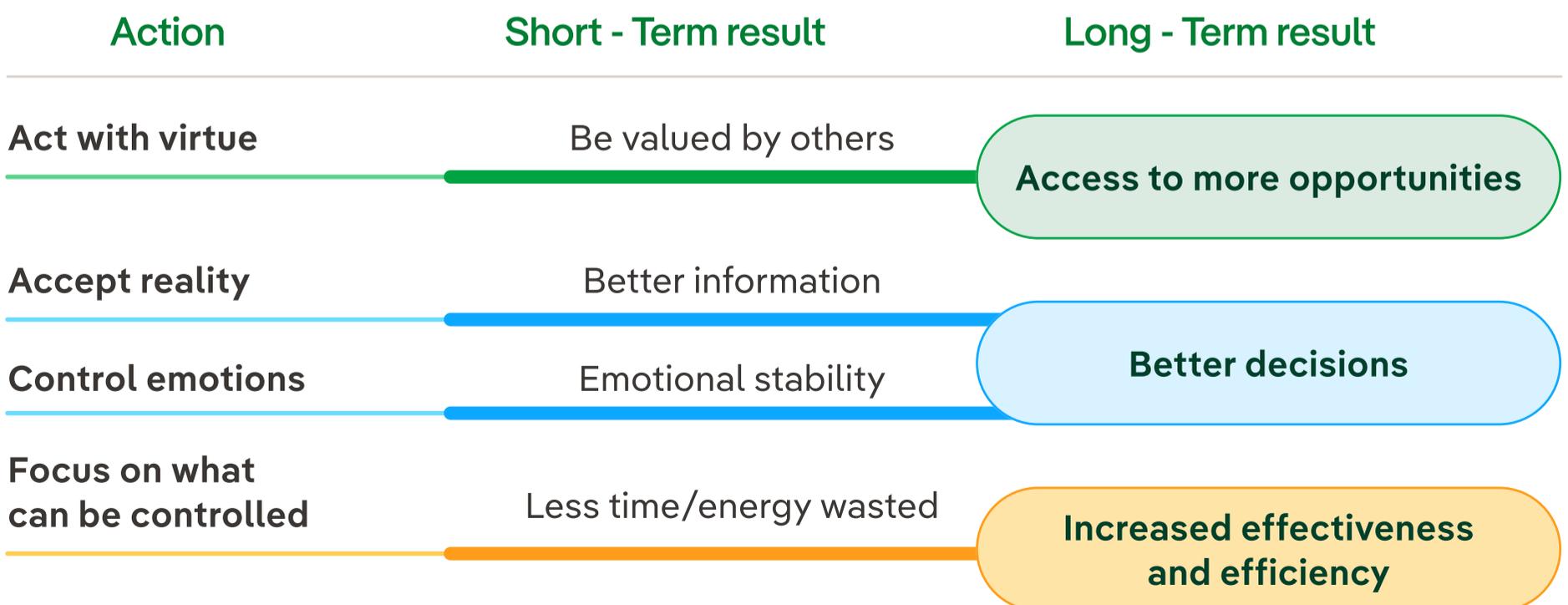
How is it achieved?

The aim is to separate perception from reality on the basis of rational analysis.



What is achieve?

Stoicism is a framework for decision-making that maximizes your chances of long-term success.



Sources: bbc.com, fitnessrevolucionario.com