

Descargar Libro En Línea PDF Epub Mobi Español Cómo Ser Un Estoico - Massimo Pigliucci



Descargar libro en línea PDF epub mobi Español Cómo ser un estoico Massimo Pigliucci , Pese a lo que se suele pensar, el estoicismo no consiste en suprimir u ocultar nuestras emociones, sino en reconocerlas, reflexionar sobre lo que las causa y reconducirlas para nuestro propio bien. Lo que lo convierte claramente en una filosofía práctica.

Porque en la búsqueda de respuestas a las preguntas más importantes de la vida el estoicismo nos proporciona muchas respuestas. Massimo Pigliucci nos ofrece algunos ejercicios espirituales prácticos para alcanzar la sabiduría y la serenidad, así como mantenernos fieles a nosotros mismos, con el objetivo de conducirnos correctamente por la vida a través del control racional de las pasiones y los impulsos más mundanos.

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