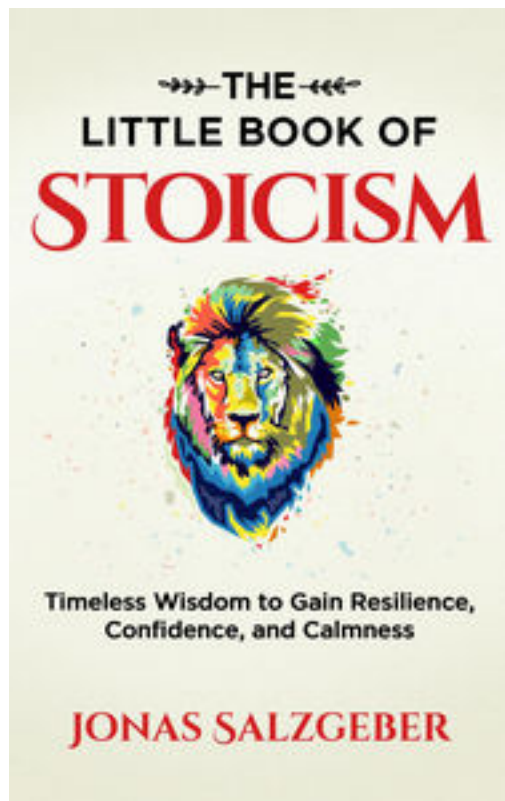


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While traditional schooling doesn't address such questions, it's exactly what ancient schools of philosophy were all about: They taught you how to live. Even though these schools don't exist anymore, you and I and most people are in as much need of a philosophy that guides us through life as we ever were.

This compelling, highly actionable guide shows you how to deal more effectively with whatever life throws at you and live up to your best self.

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