

# Listing And Evaluating Stoic "Techniques"

Post by "Cassius" of April 26, 2018 at 1:22 PM

STEP 2: A list of Stoic "Techniques" - I will update this list and try to create something worth responding to --

1. Negative visualization (From William B. Irvine's A Guide to the Good Life)
2. The dichotomy of control - which Irvine turns into a trichotomy (From William B. Irvine's A Guide to the Good Life) (This is the "good / bad / indifferent categorization?)
3. Fatalism (From William B. Irvine's A Guide to the Good Life)
4. Self denial - "practicing poverty" (From William B. Irvine's A Guide to the Good Life)
5. Striving to be free of the passions ("A Guide to Stoic Living" <https://www.scribd.com/doc/77465459/A...ng-Keith-Seddon>)
6. Meditation, (but I get the impression that by meditate they mean think about things a lot rather than sitting without thinking.) (From William B. Irvine's A Guide to the Good Life)
7. Live Simply / Live According to Nature (Keith Seddon / "A Guide to Stoic Living" <https://www.scribd.com/doc/77465459/A...ng-Keith-Seddon> )