



MODERN STOICISM

Home of Stoic Week, Stoicism Today and Stoicon

For Immediate Release:

This October, [Stoic Week](#) will be celebrated internationally for its sixth consecutive year. Across the world, people of all walks of life participate in this annual week-long series of free, online and onsite events. The goals of Stoic Week are encouraging public engagement with classical Stoic philosophy, guiding participants in the practice of applying Stoic ideas and practices to the challenges of modern living, and assessing the impact of practicing Stoicism.

International Stoic Week is scheduled to run from Monday, October 16 to Sunday, October 22, following the annual [Stoicon Conference](#) on Saturday, October 14. The theme this year for the conference will be *Stoicism at Work*.

Stoicon is the largest meeting of practicing Stoics, leading experts on Stoicism, and people interested in learning more about Stoic philosophy and practice. In previous years, it has been held in London and New York City, and this year will take place in Toronto. In addition to the Stoicon conference itself, [smaller Stoicon-X](#) events are slated to be held on four continents this year.

[Modern Stoicism](#) (the organization responsible for Stoicon, Stoic Week, and [Stoicism Today](#)) reports participation in Stoic Week grows steadily each year. Record numbers are expected again this time around.

During Stoic Week, participants have the opportunity to “live like a Stoic” by following the *Stoic Week Handbook*, which contains readings, audio, video, and optional group discussions - along with daily practical exercises that combine elements of ancient Stoicism and modern psychology. The free Stoic Handbook is presented online with offline versions available in a variety of formats. There is also an [online course for Stoic Week](#), designed and maintained by the Modern Stoicism team. Participants also fill in questionnaires to help them discover how Stoic they are and what impact practicing Stoicism has on their well-being

Participants are encouraged to schedule their own Stoic Week events and share that information with [Greg Sadler](#), the editor of *Stoicism Today*, which publicizes Stoic Week events worldwide.

Find out more about Stoic Week and *Stoicism Today* on [Twitter](#), [Facebook](#), and [Google+](#). To support Modern Stoicism via donation, [use their PayPal form](#).

Members of the Modern Stoicism organization are available to discuss Stoic philosophy, Stoic Week, and other related topics via interviews, lectures, and other appearances.

Media Inquiries about the Stoicon conference are best directed to Donald Robertson. Those about *Stoicism Today* are best directed to [Greg Sadler](#). You can find the full roster of the Modern Stoicism team [here](#).