

Stoic Week 2018 Press Release

On October 1, 2018, the seventh annual *Stoic Week* takes place and Modern Stoicism are inviting people in the UK and from around the rest of the world to participate and learn how to live like a Stoic for a week.

The idea behind the week is to give people an opportunity to see whether Stoic philosophy can help them live a more fulfilling life today.

In order to achieve this, a free online course with step by step exercises and audio meditations has been created and anyone wishing to take part can sign up [here](#).

[Enroll on Stoic Week 2018](#)

Participants will be provided with wellbeing questionnaires before and after the seven days, so they can measure their progress.

The *Stoic Week Handbook* consists of seven chapters, one for each day of the week.

It gives people the opportunity to join thousands of other participants around the world as they learn to apply Stoic concepts and techniques in their daily lives.

The week uses the teachings of the three well-known philosophers, Marcus Aurelius, Seneca and Epictetus. Each year the event adopts a new theme. This year the theme is “Living Happily”.

What is a happy life? It is peacefulness and lasting tranquillity, the sources of which are a great spirit and a steady determination to hold fast to good decisions. How does one arrive at these things? By recognizing the truth in all its completeness, by maintaining order, moderation and appropriateness in one's actions, by having a will which is always well-intentioned and generous, focused on reason and never deviating from it, as lovable as it is admirable.

– Seneca, Letters, 92.3

Last year, more than 7,000 took part in the online course during Stoic Week and on September 29th, a special event called Stoicon will be happening in London, and will be attended by people from around the world.

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. Here is a listing of [Stoic Week events and Stoicon-X events](#) happening around the world.

Find out more about Stoic Week and Stoicism Today by following Modern Stoicism on [Twitter](#). To support Modern Stoicism via donation, visit their [Patreon page](#).

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 on the main website.