Additional Reading Resources:

Books
MARCUS AURELIUS, MEDITATIONS


EPICTETUS, DISCOURSES VOLS. 1 & 2

EPICTETUS, THE ENCHIRIDION

HANDBOOK OF EMOTIONAL REGULATION (James J. Gross ed., 2007).


MANAGING EMOTIONS IN THE WORKPLACE (Neal M. Ashkanasy et al. eds., 2002).

ORGANIZATIONAL RISK FACTORS FOR JOB STRESS (Steven L. Sauter & Lawrence R. Murphy eds., 1995).


MASSIMO PIGLIUCCI, HOW TO BE A STOIC (2017).


SENeca, LETTERS

JAMES BOND STOCKDALE, COURAGE UNDER FIRE: TESTING EPICTETUS'S DOCTRINES IN A LABORATORY OF HUMAN BEHAVIOR (1993).


Articles & Other Resources


Embrace the Suck
ORALL, Fall 2018 | Program 4A


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