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## **STOICISM A GUIDE TO MODERN LIFE**

### **Abstract:**

Scores of philosophies have emerged in past and also in recent years but only a few notable are frequently referred to for seeking guidance to lead life successfully. Many of the philosophies had been beyond the level of comprehension of a common man because they fail to provide practical applications. Nonetheless they definitely have contributed to the academics of the subject. However when put to the test of validity in the actual mart of life most of them miserably fail and seem to be absolutely futile. It should be acknowledged as a proven fact even with regard to many scientific theories or approaches. Early philosophers indeed strived hard and ingeniously to reveal variety shades of Nature and its secrets. Later on somehow much emphasis had been laid down upon human life and its intricacies or problems. Most of the behavioral sciences restricted themselves to a narrow arena owing to which they sounded to be pursuing extremities and condemning the other contemporary streams of thought. Stoicism has accepted the physical or existing facts of life and has managed to maintain a balanced outlook providing a track leading to contentment and happiness without bringing in complex ways of dealing with the problems of life for the humanity as a whole. Therefore it can lead to complacency in true sense. This paper aims to bring forth the main postulates of this workable philosophy and highlight those that are `necessary for modern life.

### **Keywords:**

Stoicism, Practical applications, Main postulates.