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## Stoic Six Pack 5: The Cynics

By Diogenes Laertius, John Maccunn, Publius Syrus

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. For Cynics the secret to happiness was living a life of virtue in harmony with Nature with only the bare essentials necessary for survival. They rejected materialism and were free of belongings. Many were homeless and proud of it. The Cynics emphasized the value of self-sufficiency, or autarkeia. They ate one (vegetarian) meal a day and made a habit of walking vast distances to stay in shape. The school extolled the virtue of perseverance, or karteria. The founder of Cynicism was Antisthenes (c. 445 - c. 365 BC), a former student of Socrates. He was followed by Diogenes of Sinope, who famously lived in a tub on the streets of Athens. The third key figure was Crates of Thebes (360 - 280 BC), a rich man who gave away his money to live a life of pious poverty. Crates wed the like-minded Hipparchia of Maroneia and they became one of the few known philosopher couples in antiquity. Stoic Six Pack 5 - The Cynics presents the key primary sources for our understanding of this ancient...



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