



Stoic Warriors: The Ancient Philosophy behind the Military Mind

Nancy Sherman

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Stoic Warriors explores the relationship between soldiers and Stoic philosophy, exploring what Stoicism actually is, the role it plays in the character of the military (both ancient and modern), and its powerful value as a philosophy of life. Marshalling anecdotes from military history--ranging from ancient Greek wars to World War II, Vietnam, and Iraq--Sherman illuminates the military mind and uses it as a window on the virtues of the Stoic philosophy. Indeed this is a perceptive investigation of what makes Stoicism so compelling not only as a guiding principle for the military, but as a philosophy for anyone facing the hardships of life.

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