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Part 1: Quick History Lesson of Stoicism Stoicism was a school of ancient philosophy founded in Athens by the Phoenician merchant Zeno of Citium around 301 BC. It was originally called Zenonism but came to be known as Stoicism because Zeno and his followers met in the Stoa Poikilê, or Painted Porch.

What is Stoicism? A Definition & 10 Stoic Key Principles
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