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| John Hunt Publishing - **O-BOOKS** - announces the new title | | |
| **Meditations on Self-Discipline and Failure** Stoic Exercise for Mental Fitness  William Ferraiolo  A collection of meditations in the Stoic tradition. Meditations on Self-Discipline and Failure provides access to the ruminations, practices, and applications of ancient Stoic philosophy as deployed by a contemporary professional philosopher with twenty five years of experience teaching, researching, and publishing articles in academic journals. Each meditation is presented in the second person, encouraging the reader to examine their struggles and failures in the pursuit of self-improvement and enlightenment.  **Author Bio** William Ferraiolo received a Ph.D. in philosophy from the University of Oklahoma in 1997. Since then, William has taught philosophy at San Joaquin Delta College in Stockton, California. He lives in Lodi, CA. Online: [Facebook](http://william.ferraiolo), [Author Website](https://deltacollege.academia.edu/WilliamFerraiolo/Analytics#/overview), [Blog](https://williamferraiolo.wordpress.com/)  **Previous Titles** Cynical Maxims and Marginalia (9780595450923), iUniverse, 2007.  **Endorsements** *Written in the spirit of Epictetus' Manual, Bill Ferraiolo's Meditations exposes the common human fallacies that lead to depression, anxiety, guilt, anger, and other toxic emotions. From the self-defeating desire to control the minds of others to the unrealistic demand that politicians tell the truth, Ferraiolo challenges the most insidious human tendencies to undermine one's own peace and solemnity. Read it, and always keep a copy close at hand.* ***Elliot D. Cohen PhD, author of What Would Aristotle Do? Self-Control through the Power of Reason***  **Promotional Plans** Strong social media promotion prior to publication, through LinkedIn and academic platforms. Promotion through author's academic community and highly visited academia.edu page. Author blogs on the Stoic tradition and contemporary practice.  **USP** Widely applicable, contemplative meditations which encourage the reader to examine their own life, in the pursuit of self-improvement and enlightenment.  **Competing Books** Destructive Emotions: A Scientific Dialogue with the Dalai Lama 9780553381054, by Daniel Goleman Bantam, 2004  **Categories** PHILOSOPHY (General)(PHI005000) -> Ethics & Moral Philosophy(PHI005000) SELF-HELP (General)(SEL042000) -> Emotions(SEL042000) PSYCHOLOGY (General)(PSY008000) -> Cognitive Psychology & Cognition(PSY008000) |  | **Publication Date** October 2017  **Paperback** ISBN: 978-1-78535-587-5 $21.95  |  12.99 8.5x5.5 inches | 216x140 mm 184PP  **e-book** ISBN: 978-1-78535-588-2 $7.99  |  4.99  **Library of Congress** 2016951897 |
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