

PART 4 Questions 31–40

Complete the notes below.

Write **ONE WORD ONLY** for each answer.

Stoicism

Stoicism is still relevant today because of its 31 appeal.

Ancient Stoics

- Stoicism was founded over 2,000 years ago in Greece.
- The Stoics' ideas are surprisingly well known, despite not being intended for 32

Stoic principles

- Happiness could be achieved by leading a virtuous life.
- Controlling emotions was essential.
- Epictetus said that external events cannot be controlled but the 33 people make in response can be controlled.
- A Stoic is someone who has a different view on experiences which others would consider as 34

The influence of Stoicism

- George Washington organised a 35 about Cato to motivate his men.
- The French artist Delacroix was a Stoic.
- Adam Smith's ideas on 36 were influenced by Stoicism.
- Some of today's political leaders are inspired by the Stoics.
- Cognitive Behaviour Therapy (CBT)
 - the treatment for 37 is based on ideas from Stoicism
 - people learn to base their thinking on 38
- In business, people benefit from Stoicism by identifying obstacles as 39

Relevance of Stoicism

- It requires a lot of 40 but Stoicism can help people to lead a good life.
- It teaches people that having a strong character is more important than anything else.