

Reasons Not to Worry

author: Brigid Delaney

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Synopsis

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In this heartfelt and soul-searching work, brimming with warmth, humor, and insight, the beloved *Guardian* columnist spends a year exploring how to pursue a rich and meaningful life, turning to the wisdom of the Stoics for insights into the deepest questions of existence.

Like many people today, Brigid Delaney was searching for answers to timeless questions: How can we be good? Find inner peace? Properly grieve? Tame our insecurities, such as the fear of missing out? Determine what truly matters?

Centuries ago, the Stoics pondered many of these same questions. And so, at an important inflection point in her own life, Brigid decided to let these ancient philosophers be her guide. Brigid is rash where the Stoics are logical; she runs on chaos, while the Stoics relinquish control of things beyond their reach. Over the course of a year, she dedicated herself to following the wisdom of Seneca, Epictetus, and Marcus Aurelius. She hoped to discover how best to live—how she could use the wisdom of these ancient thinkers to navigate life in the modern world.

In *Reasons Not to Worry*, Brigid shares what she learned, showing us how we, too, can draw on the Stoics to regain a sense of agency and tranquility and find meaning in our lives. From learning to relinquish control to cultivating daily awareness of our mortality to building community, Brigid's insights are very funny and very wise.

Stoicism can be a tough medicine to swallow, but no longer. Thoughtful, timely, surprisingly practical, and filled to the brim with ways to learn how best to be in the world, Delaney's guide provides compelling and sensible reasons not to worry.

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