

# StoicDan Has Guest Lectured at University of Toronto 5 Times in 3 Years

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(ORLANDO)—StoicDan, the founder of Orlando Stoics recently lectured at the University of Toronto about Modern Stoicism, marking his fifth time in three years to guest lecture at the Canadian university. He recently spoke to the “Mindfulness and Writing for Discipline and Productivity” class via Zoom on February 13.

"I enjoy speaking with young philosophy students about how Stoicism can be used to manage stress and anger, an increasing problem in today's society," said StoicDan, leader of Orlando Stoics. "Philosophy is like a doctor, but it's a self-examination of how we overcome obstacles."

StoicDan lectures on the different topics he has learned from eight years of running Orlando Stoics. He focuses on what people have found as powerful "mind hacks" for improving their lives and character, including:

- How to deal with obstacles and adversity in life.
- Keeping calm.
- Thinking rationally.
- Using skepticism every day to think critically about today's current events.
- Being motivated by learning about inspiring people who preceded us.
- Preparing ourselves with voluntary discomfort.

Ranjini George at the University of Toronto, said: "For the past many years, Dan has been a regular guest speaker for my online Mindfulness, Stoicism and Writing for Discipline and Productivity class at the School of Continuing Studies, University of Toronto. His presentations are consistently excellent, engaging, and informative. He is very knowledgeable about Stoicism. I am grateful for his wisdom, generosity, friendship, and time."

The guest lectures are not open to the public, since you must be enrolled at the University of Toronto to access them. However, the Orlando Stoics have similar programs open to the public.

For more information about the Orlando Stoics and their upcoming events, visit the website (<http://www.orlandostoics.com>) or their Meetup page (<https://www.meetup.com/orlando-stoics>).

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## **About Orlando Stoics:**

The Orlando Stoics is a philosophical discussion group that originated in 2015. It hosts four weekly meetings both online and in-person, uniting participants from across the USA, Canada, UK, Australia, and Nepal. The group focuses on the examination of Stoic principles and their intersectionality with diverse philosophical frameworks.

**About University of Toronto:**

Ranjini George, MA, MFA, PhD, is a professor of Creative Writing, Arts & Sciences, Mindfulness Programs, at the School of Continuing Studies, University of Toronto. For more information, you can contact her @RanjiniGeorge1 and <https://ranjinigeorge.wordpress.com/> Her class on mindfulness is: <https://learn.utoronto.ca/programs-courses/courses/3522-mindfulness-stoicism-and-writing-discipline-and-productivity>