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This book provides an introduction to the Stoics, ideal for undergraduate students taking courses in Ethics and Ancient Philosophy. Stoicism was a key philosophical movement in the Hellenistic period. Today, the Stoics are central to the study of Ethics and Ancient Philosophy. In "The Stoics: A Guide for the Perplexed", M. Andrew Holowchak sketches, from Zeno to Aurelius, a framework that captures the tenor of Stoic ethical thinking in its key terms. Drawing on the readily available works of Seneca, Epictetus and Aurelius, "The Stoics: A Guide for the Perplexed" makes ancient texts accessible to students unfamiliar with Stoic thought. Providing ancient and modern-day examples to illustrate Stoic principles, the author guides the reader through the main themes and ideas of Stoic thought: Stoic cosmology, epistemology, views of nature, self-knowledge, perfectionism and, in particular, ethics. Holowchak also endeavours to present Stoicism as an ethically viable way of life today through rejecting their notion of ethical perfectionism in favour of a type of ethical progressivism consistent with other key Stoic principles. Thus, "The Stoics: A Guide for the Perplexed" is the ideal companion to the study of Stoic thinking in philosophy. Continuum's "Guides for the Perplexed" are clear, concise and accessible introductions to thinkers, writers and subjects that students and readers can find especially challenging - or indeed downright bewildering. Concentrating specifically on what it is that makes the subject difficult to grasp, these books explain and explore key themes and ideas, guiding the reader towards a thorough understanding of demanding material.