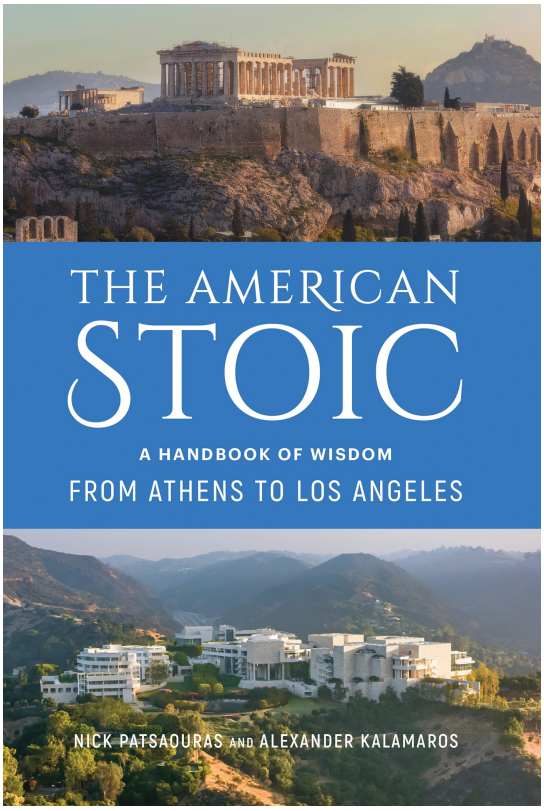
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The American Stoic

A Handbook of Wisdom from Athens to Los Angeles

Nick Patsaouras

Alexander Kalamaros

ISBN	9781972474457
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Binding	Hardback
Territory	World excluding USA, Canada, Singapore, Thailand, Vietnam, Cambodia, Indonesia, Brunei, Philippines, Malaysia, and Australasia. India non-exclusive.
Size	216 mm x 140 mm
Pages	124 Pages
Illustrations	80 color
Price	£25.00

- *"Coming from Greece, and having lived in Los Angeles, I take pride in seeing the wisdom of ancient Greece carried forward into the civic life of Los Angeles. In The American Stoic, Patsaouras and Kalamaros remind us that great cities are built not only through vision and ambition, but through wisdom, courage, self-control, justice, and service."*— **Arianna Huffington**, Founder & CEO, Thrive Global
- *"As someone born and raised in Greece, but with a career in planning and public policy in the US, I am especially appreciative of the invitation offered by The American Stoic. This handbook opens a timely and timeless path back to that tradition, inviting us to consider how the wisdom of ancient Athens might still help us participate more in public life and the shaping of our modern cities in Los Angeles and beyond."* — **Anastasia Loukaitou-Sideris**, Dean and Distinguished Professor, Luskin School of Public Affairs, University of California, Los Angeles
- *"The American Stoic brings ancient Greek philosophy into the present in an engaging and deeply relevant way. Patsaouras and Kalamaros remind us that philosophy is not simply something we study—it is something we live. At a time when questions of character, responsibility, and the common good seem especially urgent, this thoughtful and accessible book invites readers to reflect on what it means to live well and to contribute meaningfully to the communities around us."*— **Maria C. Pantelia**, Professor, Classics, School of Humanities, University of California, Irvine

Why read the ancient Greeks and Stoics in a noisy, fractured world? Because their questions are still ours today. You will find this answer in ***The American Stoic***: the same questions about justice, courage, freedom, and the good life that the ancients asked are now ours to answer. The idea began when Nick Patsaouras, while reading *Meditations*, by Marcus Aurelius, wondered whether the emperor's own private notes to himself could be tested against something closer to home: his own decades building and guiding modern Los Angeles. That question became this handbook, a short, practical companion to his 2024 civic memoir, *The Making of Modern Los Angeles*.

At the centre of this handbook are 12 foundations for a well-lived civic life: the four classical virtues of wisdom, justice, courage, and moderation, and eight more the authors add to make them actionable in ordinary work and citizenship. Each foundation is paired with a short ancient text and a real episode from the recent history of Los Angeles: the turnaround of a troubled freeway project, a six-year fight against a proposed prison in Boyle Heights, a standoff over a subway station, and more. Together, the pairings ask one question in twelve different settings: does a virtue first named in Athens still describe what happens in a Los Angeles boardroom or negotiating table 23 centuries later? The handbook closes with an invitation: read the old words, test them against your own decisions, and take up, in your own life and community, the name the authors give themselves: The American Stoic.

Nick Patsaouras is the author of *The Making of Modern Los Angeles* (ISBN 9781961856424, 2024) and co-author of its companion, *The American Stoic: A Handbook of Wisdom from Athens to Los Angeles* (2026). A Greek-American who immigrated from Athens, Greece at 17, he earned a degree in Electrical Engineering from Cal State Northridge. He headed his own engineering firm for over 40 years and spent 50 years in LA civic life. His lobbying secured the federal funding that built the first segment of the LA Metro Rail system, and he oversaw construction of Metro headquarters, honoured by the naming of Patsaouras Transit Plaza and a bust at Union Station. California State Librarian Kevin Starr called him "an empire builder" of "civic aspiration and unity." **Alexander Kalamaros** is co-author of *The American Stoic: A Handbook of Wisdom from Athens to Los Angeles* (2026), pairing Stoic wisdom with real decisions from building modern Los Angeles. He holds a doctorate in planning and development and a master's in real estate development from USC. Across a four-decade career in real estate, he oversaw L.A. Metro's One Santa Fe transit-oriented development and the Hollywood Walk of Fame restoration, and managed AECOM projects across East Asia. He has studied for over a decade with the philosopher Fernando Flores, whose influence shapes the book's 12 foundations for civic life.

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