

Spartan Lifestyle

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Ancient Greeks - Rosalie F. Baker 1997-07-31

A profile of 37 men and women of ancient Greece, including biographical information and a discussion of the significance of the individuals' achievements.

Hellenistic and Roman Sparta - Paul Cartledge 2020-09-24

In this new edition, Paul Cartledge and Antony Spawforth have taken account of recent finds and scholarship to revise and update their authoritative overview of later Spartan history, and of the social, political, economic and cultural changes in the Spartan community. This original and compelling account is especially significant in challenging the conventional misperception of Spartan 'decline' after the loss of her status as a great power on the battlefield in 371 BC. The book's focus on a frequently overlooked period makes it important not only for those interested specifically in Sparta, but also for all those concerned with Hellenistic Greece, and with the life of Greece and other Greek-speaking provinces under non-Roman rule.

Spartans - Nigel M. Kennell 2011-09-19

Spartans: A New History chronicles the complete history of ancient Sparta from its origins to the end of antiquity. Helps bridge the gap between the common conceptions of Sparta and what specialists believe and dispute about Spartan history Applies new techniques, perspectives, and archaeological evidence to the question of what it was to be a Spartan Takes into account new specialist scholarship and research published in Greek, which is not readily available elsewhere Places Spartan society into its wider Greek context

Moral Relativism - Neil Levy 2014-10-01

On September 11 2001, thousands of people died in the attacks on the United States. How could the terrorists justify these acts? A young man kills his sister to protect his family's honour. How could this be 'right' These are just some of the questions tackled by Neil Levy in an incisive and elegant guide to the philosophy of moral relativism - the idea that concepts of 'rightness' and 'wrongness' vary from culture to culture, and that there is no such thing as an absolute moral code. Opening with a comprehensive definition of this controversial theory, the book examines all the arguments for and against moral relativism, from its implications for ethics to the role of human biology and the difficulty of separating cultural values from innate behaviour

History - Robert Paulson 2016-05-05

THE RISE AND FALL OF THE SPARTAN EMPIRE Limited Time Discount! DOWNLOAD TODAY!.This book contains the daily life, culture, training, battles, history, and kings of the Spartan Empire. From the birth of their very city to the end, the Spartans endured a history of violence and war. Similar to their stories, the traditional Spartan warrior also lived the daily life of a soldier. From the moment they were born and if they

were allowed to live, they were trained and conditioned to be some of the most efficient and lethal killing machines that they were intended to be. Dominating the land through some of the most famous battles of all time, the Spartans were a force to be reckoned with. Here Is A Preview Of What You'll Learn... The Beginnings Of The Spartan Empire Rise Of The Spartan Empire The Prime The Fall Kings Of Sparta The Spartan Warrior Spartan Lifestyle Scroll up and download your copy today!

Spartan Diet Cookbook for Beginners and Dummies - Lisa H Gregory Ph D 2021-04-02

The Spartan diet and lifestyle is considered the healthiest, most well-respected and scientifically documented diet in the world. It can prevent major diseases like heart disease or stroke, Alzheimer's, and even cancer. The spartan diet also is the best diet for weight loss and maintenance. Combined with exercise which is a part of the spartan lifestyle it can produce astonishing results without deprivation and pain associated with the word diet. You were never meant to feel tired, sick and overweight. This books contain recipes

American Countercultures: An Encyclopedia of Nonconformists, Alternative Lifestyles, and Radical Ideas in U.S. History - Gina Misiroglu 2015-03-26

Counterculture, while commonly used to describe youth-oriented movements during the 1960s, refers to any attempt to challenge or change conventional values and practices or the dominant lifestyles of the day. This fascinating three-volume set explores these movements in America from colonial times to the present in colorful detail. "American Countercultures" is the first reference work to examine the impact of countercultural movements on American social history. It highlights the writings, recordings, and visual works produced by these movements to educate, inspire, and incite action in all eras of the nation's history. A-Z entries provide a wealth of information on personalities, places, events, concepts, beliefs, groups, and practices. The set includes numerous illustrations, a topic finder, primary source documents, a bibliography and a filmography, and an index.

The Spartans - Andrew J. Bayliss 2020-05-25

The image of Sparta, and the Spartans, is one dyed indelibly into the public consciousness: musclebound soldiers with long hair and red cloaks, bearing shiny bronze shields emblazoned with the Greek letter lambda. 'This is Sparta!', bellows Leonidas on the silver screen, as he decides to lead his 300 warriors to their deaths at Thermopylae. But what was Sparta? The myths surrounding Sparta are as old as the city itself. Even in antiquity, Sparta was a unique society, considered an enigma. The Spartans who fought for freedom against the Persians called themselves 'equals' or peers, but their equality was reliant on the ruthless exploitation of the indigenous population known as helots. The Spartans' often bizarre rules and practices have the capacity to horrify as much they do to fascinate us today. Athenian writers were intrigued and appalled in equal measure by a society where weak or disabled babies were said to have been examined carefully by state officials before being dumped off the edge of a cliff. Even today their lurid stories have shaped our image of Sparta; a society in which cowards were forced to shave off half their beards, to dress differently from their peers, and who were ultimately shunned to the extent that suicide seemed preferable. Equally appalling to us today is the brutal krypteia, a Spartan rite of passage where teenagers were sent into the countryside armed with a knife and ordered to eliminate the biggest and most dangerous helots. But the truth behind these stories of the exotic other can be hard to discover, lost amongst the legend of Sparta which was even perpetuated by later Spartans, who ran a thriving tourist industry that exaggerated the famed brutality of their ancestors. As Andrew Bayliss explores in this book, there was also much to admire in ancient Sparta, such as the Spartans' state-run education

system which catered even to girls, or the fact that Sparta was almost unparalleled in the pre-modern world in allowing women a clear voice, with no fewer than forty sayings by Spartan women preserved in our sources. This book reveals the best and the worst of the Spartans, separating myth from reality.

Pederasty and Pedagogy in Archaic Greece - William A. Percy 1996

Combining impeccable scholarship with accessible, straightforward prose, *Pederasty and Pedagogy in Archaic Greece* argues that institutionalized pederasty began after 650 B.C., far later than previous authors have thought, and was initiated as a means of stemming overpopulation in the upper class. William Armstrong Percy III maintains that Cretan sages established a system under which a young warrior in his early twenties took a teenager of his own aristocratic background as a beloved until the age of thirty, when service to the state required the older partner to marry. The practice spread with significant variants to other Greek-speaking areas. In some places it emphasized development of the athletic, warrior individual, while in others both intellectual and civic achievement were its goals. In Athens it became a vehicle of cultural transmission, so that the best of each older cohort selected, loved, and trained the best of the younger. Pederasty was from the beginning both physical and emotional, the highest and most intense type of male bonding. These pederastic bonds, Percy believes, were responsible for the rise of Hellas and the "Greek miracle": in two centuries the population of Attica, a mere 45,000 adult males in six generations, produced an astounding number of great men who laid the enduring foundations of Western thought and civilization.

30-Second Ancient Greece - Anonyme 2016-09

30-Second Ancient Greece offers an engrossing tour of the Hellenic world, appealingly served up in easily absorbed nuggets.

Spartan Fit! - Joe De Sena 2016-08-02

From the best-selling author of *Spartan Up!* a complete 30-day workout and diet plan to help you reach peak performance Joe De Sena designed the Spartan races to test overall conditioning: strength, flexibility, endurance, and speed. His signature take-no-prisoners approach to achieving physical and mental fitness has taken the endurance world by storm and inspired millions. Now in *Spartan Fit!*, De Sena breaks down that approach and gives readers the tools they need to conquer the course — and life, including: • A 30-day workout and diet plan to prepare for the Spartan Sprint — or to just get you in shape • Full-body workouts requiring no gym, no weights • How to build on one race to the next • Inspiring, motivating stories of Spartans A complete Spartan training guide, *Spartan Fit!* will arm readers with the strength, knowledge, and grit to never question their potential again.

The Armies of Classical Greece - Everett L. Wheeler 2017-05-15

The origin of the Western military tradition in Greece 750-362 BC is fraught with controversies, such as the date and nature of the phalanx, the role of agricultural destruction and the existence of rules and ritualistic practices. This volume collects papers significant for specific points in debates or theoretical value in shaping and critiquing controversial viewpoints. An introduction offers a critical analysis of recent trends in ancient military history and provides a bibliographical essay contextualizing the papers within the framework of debates with a guide to further reading.

Greece - Sierra Adare 2007-10

Introduces the land of Greece, including the country's geography, history, industry, agriculture, and wildlife.

History of Ancient Sparta: the Life, Culture, Battles, History, and Kings of the Spartan Empire - Derek Spitale

2021-06-07

The History of Sparta describes the destiny of the ancient Dorian Greek state known as Sparta from its beginning in the legendary period to its incorporation into the Achaean League under the late Roman Republic, as Allied State, in 146 BC, a period of roughly 1000 years. Since the Dorians were not the first to settle the valley of the Eurotas River in the Peloponnesus of Greece, the preceding Mycenaean and Stone Age periods are described as well. Sparta went on to become a district of modern Greece. Brief mention is made of events in the post-classical periods. From the moment they were born and if they were allowed to live, they were trained and conditioned to be some of the most efficient and lethal killing machines that they were intended to be. Dominating the land through some of the most famous battles of all time, the Spartans were a force to be reckoned with. Here Is A Preview Of What You'll Learn... -The Beginnings Of The Spartan Empire -Rise Of The Spartan Empire -The Prime -The Fall -Kings Of Sparta -The Spartan Warrior -Spartan Lifestyle

Intermittent Fasting - Ryan Hunt 2020-01-31

Find out why you should start intermittent fasting today! Learn the Spartan approach to an ancient way of staying healthy and living longer. Intermittent fasting is a trendy subject today, but it has been part of human civilization in different forms for thousands of years. The Spartans were one of these cultures that used intermittent fasting as part of their lifestyle to live life to its fullest. The benefits if intermittent fasting is life changing and has the potential to take your life to the next level. In this book, you will learn the Spartan approach to intermittent fasting, and you can implement this into your life. If you want to transform your health and overall quality of life, then intermittent fasting is something that will help you reach that goal.

The Memoirs of Socrates - S. T. Levin 2015-08-07

During the month between the conviction and the execution of the original teacher of wisdom (or philosopher) Socrates, these memoirs were dictated in the hope of correcting the conventional wisdom of history and the foolishness of Sophists as of 399 BCE with the knowledge and wisdom of the real man called Socrates. The 24 centuries of human history that followed were irrevocably twisted by his one-time associate the creatively dishonest dramatic genius Plato. During the last 30 years of Socrates lifetime (and the first 30 of Platos), while the evermore educated (Big Government) Oligarchy thrived, the common citizen majority, the middle-class as they are now thought of, lost their property, their liberty and their lives. From a generation before Socrates birth through the first 40 years of his real-world life, the common citizens of Athens rose from centuries of poverty and oppression to true liberty and the opportunity for personal wealth and glory in the greatest and freest political society of the then known western world. Athens and its Delian League in the 5th century BCE was the equivalent of, or better than, America in the 20th century if one were a common citizen without inherited advantages (or other social connections). What had preceded the decline in the formative 70 or more good years in Athens? And how did the generation-long decline occur? Far more than the Peloponnesian War that Thucydides documented caused that decline. Internal corruption proliferated as wealth and Sophisticated Higher Education for the affluent Oligarchy grew even before the Great War began. The socially prestigious Oligarchy re-acquired dominance and the common citizen majority were ground down into unthinking followers. Sound familiar? Socrates sarcastic memoirs reveal the tragic history of the internal decline of once-dominant Athenian culture, all told in a rational chronology of historical fact. For additional information and author bio, see www.STLevin.com

Eat Like a Spartan - Daniel Cook 2016-03-16

Do you want to be healthy, strong and fit like a true Spartan? Then eat like one. This is not your average book explaining Mediterranean diet, its benefits, giving couple of new Mediterranean recipes and that's it. *Eat Like a Spartan* has that, but it has much more. You see, Mediterranean diet is not just a diet. It is a lifestyle. Lifestyle of a true ancient warrior, a true Spartan. This book will do its best to immerse you in this lifestyle. This is what you will find within this book: I will explain you what is Mediterranean Diet and its origins I will bust any myth that surround Mediterranean diet to make sure you have no excuses to not live healthy I will teach you healthy eating habits to improve your nutrition by more than 100% I will give you 7 day Mediterranean Diet meal plan to get you started right away You will taste a true Spartan lifestyle with 30 day exercise program for massive weight loss and health improvement Mediterranean Diet quick & easy breakfast recipes Delicious Mediterranean fish and seafood recipes Mouth watering meat recipes Healthy Mediterranean salad recipes Plenty of healthy smoothies to energize you Additional smoothie recipe book available for free download inside the book And much, much more! Here's a bit about *The Mediterranean Diet*: The Mediterranean diet and lifestyle is considered the healthiest, most well-respected and scientifically documented diet in the world. It can prevent major diseases like heart disease or stroke, Alzheimer's, and even cancer. The Mediterranean diet also is the best diet for weight loss and maintenance. Combined with exercise which is a part of the Mediterranean lifestyle it can produce astonishing results without deprivation and pain associated with the word diet! You were never meant to feel tired, sick and overweight. Don't bother buying this book if you are not going to take action on it. However, if you feel committed to lose weight, prevent major diseases, be fit and strong, eat delicious food and never worry about health or weight again, then **EAT LIKE A SPARTAN** is for you. Scroll up, click that buy button and **TAKE ACTION** now!

The Origins of Democracy in Tribes, City-States and Nation-States - Ronald M. Glassman 2017-06-19

This four-part work describes and analyses democracy and despotism in tribes, city-states, and nation states. The theoretical framework used in this work combines Weberian, Aristotelian, evolutionary anthropological, and feminist theories in a comparative-historical context. The dual nature of humans, as both an animal and a consciously aware being, underpins the analysis presented. Part One covers tribes. It uses anthropological literature to describe the “campfire democracy” of the African Bushmen, the Pygmies, and other band societies. Its main focus is on the tribal democracy of the Cheyenne, Iroquois, Huron, and other tribes, and it pays special attention to the role of women in tribal democracies. Part Two describes the city-states of Mesopotamia, Syria, and Canaan-Phoenicia, and includes a section on the theocracy of the Jews. This part focuses on the transition from tribal democracy to city-state democracy in the ancient Middle East – from the Sumerian city-states to the Phoenician. Part Three focuses on the origins of democracy and covers Greece—Mycenaean, Dorian, and the Golden Age. It presents a detailed description of the tribal democracy of Archaic Greece – emphasizing the causal effect of the hoplite-phalanx military formation in egalitarianizing Greek tribal society. Next, it analyses the transition from tribal to city-state democracy—with the new commercial classes engendering the oligarchic and democratic conflicts described by Plato and Aristotle. Part Four describes the Norse tribes as they contacted Rome, the rise of kingships, the renaissance of the city-states, and the parliamentary monarchies of the emerging nation-states. It provides details of the rise of commercial city states in Renaissance Italy, Hanseatic Germany and the Netherlands.

The Spartan Worker - Konstantinos Perrotis 2017-05-18

The field of Organizational Psychology and Occupational Stress is complex and multifaceted. Many efforts have been made by several authors to write books that would have assisted employees in becoming more satisfied, relaxed and thus happier with their work, but such a result seems difficult and complicated to achieve. In *The Spartan Worker*, the authors approach the research of Organizational Psychology and Occupational Stress from a fresh and different perspective. It compares the modern work environment with the features and way of life of the famous Greek Spartan warriors. Spartan warriors embraced a unique lifestyle which made them become more resilient, engaged, committed and efficient in their everyday lives, both in times of peace and war. The book proposes that in an increasingly demanding work environment, such an approach would be very beneficial for workers who want and need to learn how to become more resilient and thus remain unaffected from the daily stresses of modern life. This book dedicates itself to explaining in detail the mechanisms through which occupational stress negatively affects our lives as well as in proposing techniques that will help individuals to enhance their coping skills in dealing with stress. This book will appeal to a broad range of professionals looking to understand and reduce the occurrence of occupational stress with its playful style, which is nevertheless grounded in scientific literature and research.

Sparta and War - Stephen Hodkinson 2006-12-31

Ten new essays from a distinguished international cast treat Sparta's most famous area of activity. The results are challenging. Among the contributors, Thomas Figueira explores the paradox that Sparta's cavalry was an undistinguished institution. Jean Ducat conducts the most thorough study to date of Sparta's official cowards, the 'tremblers'. Anton Powell asks why Sparta chose not to destroy Athens after the Peloponnesian War. And Stephen Hodkinson argues that the image of Spartan society as militaristic may after all be a mirage. This is the sixth volume from the International Sparta Seminar, founded by Powell and Hodkinson in 1988. The series has established itself as the main forum for the study of Spartan history.

Luxury and Wealth in Sparta and the Peloponnese - Chrysanthi Gallou 2022-10-01

A Spartan lifestyle proverbially describes austerity; ancient Greek luxury was associated with Ionia and the oriental world. The contributions to this book, first presented at a conference held by the University of Nottingham's Centre for Spartan and Peloponnesian Studies, reverse the stereotype and explore the role of luxury and wealth at Sparta and among its Peloponnesian neighbors from the Iron Age to the Hellenistic period. Using literary, archaeological, epigraphic and numismatic evidence, an international team of specialists investigates the definition and changing meanings of the term luxury and its nearest ancient Greek equivalents, providing new insights into Sparta's supposed abstention from luxury, and the way that this was portrayed by ancient writers. They analyse wealth production and private and public spending, emphasising features that were distinctive to Sparta and the Peloponnese compared with other parts of ancient Greece. Other chapters investigate issues still familiar in the contemporary world: economic crisis and debt, austerity measures, and relief provisions for the poor.

Property and Wealth in Classical Sparta - Stephen Hodkinson 2009-12-31

The standard image of Sparta is of an egalitarian, military society which disdained material possessions. Yet property and wealth played a critical role in her history. Classical Sparta's success rested upon a compromise between rich and poor citizens. Economic differences were masked by a uniform lifestyle and a communal sharing of resources. Over time, however, increasing inequalities led to a plutocratic society and to the decline of Spartan power. Using an innovative combination of historical, archaeological and sociological methods,

Stephen Hodkinson challenges traditional views of Sparta's isolation from general Greek culture. This volume is the first major monograph-length discussion of a subject on which the author is recognised as the leading international authority.

The Spartan Way - Nic Fields 2013-02-28

For a period of some 200 years, Sparta was acknowledged throughout the Greek world as the home of the finest soldiers. Xenophon called them 'the only true craftsmen in matters of war'. Nic Fields explains the reasons for this superiority, how their reputation for invincibility was earned (and deliberately manipulated) and how it was ultimately shattered. The *Spartan Way* examines how Spartan society, through its rigid laws and brutal educational system, was thoroughly militarized and devoted to producing warriors suited to the intense demands of hoplite warfare - professional killers inculcated with the values of unwavering obedience and a willingness to fight and die for their city. The role of Spartan women, as mothers and wives, in shaping the warrior ethic is considered, as are the role of uniform and rigorous training in enhancing the small-unit cohesion within the phalanx, and the psychological intimidation of the enemy. The final chapters chart the course of Sparta's successes through the period of the Persian and Peloponnesian Wars, through the Corinthian and Theban wars of the fourth century BC, which culminated with the shattering military defeats at Leuctra and 2nd Mantinea, and the years of her decline with the Spartans as a source of mercenaries for the wars of other states.

Luxury and Wealth in Sparta and the Peloponnese - 2021-12-23

The Couple's Guide to Love and Money - Jonathan Rich 2003-02-09

We all have expectations about how to spend money, where it should come from, how much is needed for financial security, how important it is, and whether or not we can trust other people to be responsible about money. When these expectations come up against a partner's competing ideas, serious trouble can result. Money conflict is, after all, the most common factor cited as grounds for divorce. This practical and insightful guide helps you and your partner understand your individual money personalities. Its techniques will teach you to successfully negotiate and communicate about money, merge your money management styles, and implement the right money management techniques to achieve financial freedom together.

Republic, The by Plato (MAXnotes) -

REA's MAXnotes for Plato's Republic MAXnotes offer a fresh look at masterpieces of literature, presented in a lively and interesting fashion. Written by literary experts who currently teach the subject, MAXnotes will enhance your understanding and enjoyment of the work. MAXnotes are designed to stimulate independent thought about the literary work by raising various issues and thought-provoking ideas and questions. MAXnotes cover the essentials of what one should know about each work, including an overall summary, character lists, an explanation and discussion of the plot, the work's historical context, illustrations to convey the mood of the work, and a biography of the author. Each chapter is individually summarized and analyzed, and has study questions and answers.

The Bronze Lie - Myke Cole 2021-09-02

The last stand at Thermopylae made the Spartans legends in their own time, famous for their toughness, stoicism and martial prowess – but was this reputation earned? Covering Sparta's full classical history, *The Bronze Lie* examines the myth of Spartan warrior supremacy. This book paints a very different picture of

Spartan warfare – punctuated by frequent and heavy losses. We also discover a society dedicated to militarism not in service to Greek unity or to the Spartan state itself, but as a desperate measure intended to keep its massive population of helots (a near-slave underclass) in line. What successes there were, such as in the Peloponnesian Wars, gave Sparta only a brief period of hegemony over Greece. Today, there is no greater testament to this than the relative position of modern Sparta and its famous rival Athens. *The Bronze Lie* explores the Spartans' arms and armor, tactics and strategy, the personalities of commanders and the common soldiery alike. It looks at the major battles, with a special focus on previously under-publicized Spartan reverses that have been left largely unexamined. The result is a refreshingly honest and accurate account of Spartan warfare.

The Spartan Way - Joe De Sena 2018-09-04

New York Times bestselling author Joe De Sena, founder and CEO of Spartan, the global health and wellness platform, leader in obstacle racing, and executive producer of NBC's television show *Spartan: Ultimate Team Challenge*, challenges you to live *The Spartan Way*. Determined to yank 100 million people off their couch cushions to start living instead of being passive observers of life, Joe De Sena has one ultimate goal: to help improve everyone's physical and emotional health by teaching them the tenets of Spartan living from ancient Greece: simple eating, smart training, mastering resilience, and an all-out commitment to achieving a goal. Like Spartan training, living *The Spartan Way* requires endurance to reach your finish line, the goal that inspires and drives you to succeed no matter what obstacles are thrown in your path. De Sena believes you can gain that endurance in just thirty-six days by following the ten Spartan Core Virtues, timeless principles to help you embrace adversity and overcome any challenge, and making them a permanent part of your own personal core. The Spartan Core Values include: Self-Awareness—Know yourself Commitment—Be dedicated Passion—Discover your purpose Discipline—Practice diligence Prioritization—Put your house in order Grit—Push your limits Courage—Face your fears and your failures Optimism—Look for the positives Integrity—Act honestly Wholeness—Live as a Spartan De Sena turned this philosophy into a lifestyle—and so can you. With *The Spartan Way*, you'll discover your true north, unleash the warrior within, and transform your life to 10X your maximum potential.

Ancient Philosophy - Lorenzo Perilli 2017-12-12

'We are all Greeks. Our laws, our literature, our religion, our arts, have their root in Greece', the poet Percy Bysshe Shelley once wrote. It is in Greek that the questions which shaped the destiny of Western culture were asked, and so were the first attempts at an answer, and the search for a method of investigation. This book tries to rediscover the propulsive force that for over two millennia spread, and still lives in our system of thought. By systematically quoting the very words of the leading actors and by tracing their sources, it leads the reader along a path where they will be able to observe the establishment of philosophical ideas and language, in an updated and balanced picture of archaic lore, of the thought of the classical and hellenistic ages, and of the philosophy of late antiquity. The book looks closely at the progress of scientific thought and at its increasing autonomy, while following the evolution of the fruitful yet problematic relationship between the Greek world and the Near East.

Spartan Warrior 735–331 BC - Duncan B Campbell 2012-07-20

Immortalized through their exploits at the battle of Thermopylae under the legendary Leonidas, as well as countless other victories throughout the classical period, the Spartans were some of the best-trained, -organized

and most-feared warriors of the ancient world. The small state of Sparta, known to the Ancient Greeks as Lakedaimon, developed a unique warrior society that used serfs and non-citizens to do all of the manual work, leaving the free-born men of Sparta free to concentrate all of their energies on warfare. Forbidden from engaging in any form of manual labour, these Spartan warriors were trained from an early age in a brutal regime that gave them the necessary discipline and tolerance to withstand the pressures of phalanx warfare and endure all manner of hardships on campaign. This book covers all aspects of the Spartan warrior's life, from the earliest days of his training through his life in peace and war, culminating in the battlefield experiences of these feared combatants.

The Spartans: A Very Short Introduction - Andrew J. Bayliss 2022-05-12

Very Short Introductions: Brilliant, Sharp, Inspiring The myths surrounding Sparta are as old as the city itself. Even in antiquity, Sparta was a unique society, and considered an enigma. The Spartans who fought for freedom against the Persians called themselves 'equals' or peers, but their equality was reliant on the ruthless exploitation of the indigenous population known as helots. The Spartans' often bizarre rules and practices have the capacity to horrify as much they do to fascinate us today. Athenian writers were intrigued and appalled in equal measure by a society where weak or disabled babies were said to have been examined carefully by state officials before being dumped off the edge of a cliff. Even today their lurid stories have shaped our image of Sparta; a society in which cowards were forced to shave off half their beards, to dress differently from their peers, and who were ultimately shunned to the extent that suicide seemed preferable. The legend of Sparta was even perpetuated by later Spartans, who ran a thriving tourist industry that exaggerated the famed brutality of their ancestors. This Very Short Introduction separates myth from reality to reveal the best—and the worst—of the Spartans. Andrew Bayliss explores key aspects of Spartan society, including their civic structure, their day-to-day lifestyle, and traditions such as the krypteia, a brutal rite of passage where teenagers were sent into the countryside and ordered to eliminate the biggest and most dangerous helots. Alongside this, Bayliss also sheds light on the many admirable qualities of ancient Sparta, such as their state-run education system, or the fact that this society was almost unparalleled in the pre-modern world for the rights given to Spartan women. ABOUT THE SERIES: The Very Short Introductions series from Oxford University Press contains hundreds of titles in almost every subject area. These pocket-sized books are the perfect way to get ahead in a new subject quickly. Our expert authors combine facts, analysis, perspective, new ideas, and enthusiasm to make interesting and challenging topics highly readable.

Spartan Up! - Joe De Sena 2014

A life strategy guide by the creator of the Spartan Race explains how the principles that bring about success in an extreme sports environment can help anyone achieve his or her full potential in life, business, and relationships.

Hands-On Neural Networks with Keras - Niloy Purkait 2019-03-30

Your one-stop guide to learning and implementing artificial neural networks with Keras effectively Key FeaturesDesign and create neural network architectures on different domains using KerasIntegrate neural network models in your applications using this highly practical guideGet ready for the future of neural networks through transfer learning and predicting multi network modelsBook Description Neural networks are used to solve a wide range of problems in different areas of AI and deep learning. Hands-On Neural Networks with Keras will start with teaching you about the core concepts of neural networks. You will delve

into combining different neural network models and work with real-world use cases, including computer vision, natural language understanding, synthetic data generation, and many more. Moving on, you will become well versed with convolutional neural networks (CNNs), recurrent neural networks (RNNs), long short-term memory (LSTM) networks, autoencoders, and generative adversarial networks (GANs) using real-world training datasets. We will examine how to use CNNs for image recognition, how to use reinforcement learning agents, and many more. We will dive into the specific architectures of various networks and then implement each of them in a hands-on manner using industry-grade frameworks. By the end of this book, you will be highly familiar with all prominent deep learning models and frameworks, and the options you have when applying deep learning to real-world scenarios and embedding artificial intelligence as the core fabric of your organization. What you will learn

Understand the fundamental nature and workflow of predictive data modeling

Explore how different types of visual and linguistic signals are processed by neural networks

Dive into the mathematical and statistical ideas behind how networks learn from data

Design and implement various neural networks such as CNNs, LSTMs, and GANs

Use different architectures to tackle cognitive tasks and embed intelligence in systems

Learn how to generate synthetic data and use augmentation strategies to improve your models

Stay on top of the latest academic and commercial developments in the field of AI

Who this book is for

This book is for machine learning practitioners, deep learning researchers and AI enthusiasts who are looking to get well versed with different neural network architecture using Keras. Working knowledge of Python programming language is mandatory.

Ultimate Spartan Budgeting and Minimalism - Cyrus Kirkpatrick 2014-09-25

Ultimate Spartan Minimalism and Budgeting: How to Save Money, Increase Productivity and Live Simply

Have you wanted to save money, but you're not sure how? This book is a hard hitting system to apply principles of the ancient Greeks to cut out anything that's wasteful and focus entirely on fulfilling your "Master Plan", whether that involves getting out of debt or traveling the world.

Contained within is a complete guide to both budgeting money and minimalism. This ninth book of the Lifestyle Design series is designed to help anyone, including entrepreneurs, reprioritize what matters and zoom in on their goals with laser focused.

Are You Ready to Live Like a Spartan? Check out some of the results you can experience through this program: Discover the history and actual principles of the ancient Spartans, and what made them so effective. Learn how to liquidate your belongings and get on the fast track to a money savings. Start prioritizing your bills and expenditures. The ability to save money, even if you're working a minimal wage or are in debt. How to "cook like a Spartan" and greatly reduce the cost of meals. Spartan and minimalist business principles that can make your enterprise shoot to the top. Theories for learning skills quickly and enhancing productivity. And a Lot More

If You're Wondering What's Inside, Here's a Preview of Some of What You'll Discover

Why Sparta? Step One: Taking Inventory Step Two: Liquidation Step Three: Eliminate Monthly Bills Step Four: Prioritize Your Bills A Spartan Lifestyle and Habits Keep a Daily Schedule The Art of Training Mastery Over Fear The Spartan Diet Creating Your Spartan Baseline Meal Spartan Business Principles And A Lot More!

Thucydides and the Ancient Simplicity - Gregory Crane 1998-08-28

Thucydides' History of the Peloponnesian War is the earliest surviving realist text in the European tradition. As an account of the Peloponnesian War, it is famous both as an analysis of power politics and as a classic of political realism. From the opening speeches, Thucydides' Athenians emerge as a new and frightening source of power, motivated by self-interest and oblivious to the rules and shared values under which the Greeks had

operated for centuries. Gregory Crane demonstrates how Thucydides' history brilliantly analyzes both the power and the dramatic weaknesses of realist thought. The tragedy of Thucydides' history emerges from the ultimate failure of the Athenian project. The new morality of the imperialists proved as conflicted as the old; history shows that their values were unstable and self-destructive. Thucydides' history ends with the recounting of an intellectual stalemate that, a century later, motivated Plato's greatest work. Thucydides and the Ancient Simplicity includes a thought-provoking discussion questioning currently held ideas of political realism and its limits. Crane's sophisticated claim for the continuing usefulness of the political examples of the classical past will appeal to anyone interested in the conflict between the exercise of political power and the preservation of human freedom and dignity.

The Amazing Spartan Diet Guide - Michael Dutch 2021-05-17

The Spartan diet and lifestyle is considered the healthiest, most well-respected and scientifically documented diet in the world. It can prevent major diseases like heart disease or stroke, Alzheimer's, and even cancer. The spartan diet also is the best diet for weight loss and maintenance. Combined with exercise which is a part of the spartan lifestyle it can produce astonishing results without deprivation and pain associated with the word diet. You were never meant to feel tired, sick and overweight. This books contain recipes

Sparta: Rise of a Warrior Nation - Philip Matyszak 2017-03-31

This cultural history of Ancient Sparta chronicles the rise of its legendary military power and offers revealing insight into the people behind the myths. The Spartans of ancient Greece are typically portrayed as macho heroes: noble, laconic, totally fearless, and impervious to pain. And indeed, they often lived up to this image. But life was not as simple as this image suggests. In truth, ancient Sparta was a city of contrasts. We might admire their physical toughness, but Spartans also systematically abused their children. They gave rights to female citizens that were unmatched in Europe until the modern era, meanwhile subjecting their conquered subject peoples to a murderous reign of terror. Though idealized by the Athenian contemporaries of Socrates, Sparta was almost devoid of intellectual achievement. In this revealing history of Spartan society, Philip Matyszak chronicles the rise of the city from a Peloponnesian village to the military superpower of Greece. Above all, Matyszak investigates the role of the Spartan hoplite, the archetypal Greek warrior who was feared throughout Greece in his own day and has since become a legend. The reader is shown the man behind the myth; who he was, who he thought he was, and the environment which produced him.

Lessons from the Past - Frances Anne Pownall 2010-02-09

Because of the didactic nature of the historical genre, many scholars ancient and modern have seen connections between history and rhetoric. So far, discussion has centered on fifth-century authors -- Herodotus and Thucydides, along with the sophists and early philosophers. Pownall extends the focus of this discussion into an important period. By focusing on key intellectuals and historians of the fourth century (Plato and the major historians -- Xenophon, Ephorus, and Theopompus), she examines how these prose writers created an aristocratic version of the past as an alternative to the democratic version of the oratorical tradition. Frances Pownall is Professor of History and Classics, University of Alberta.

Spartan Health Regime - Anthony Bova 1998

A Companion to Sparta - Anton Powell 2017-10-18

The two-volume A Companion to Sparta presents the first comprehensive, multi-authored series of essays to

address all aspects of Spartan history and society from its origins in the Greek Dark Ages to the late Roman Empire. Offers a lucid, comprehensive introduction to all aspects of Sparta, a community recognised by contemporary cities as the greatest power in classical Greece Features in-depth coverage of Sparta history and culture contributed by an international cast including almost every noted specialist and scholar in the field Provides over a dozen images of Spartan art that reveal the evolution of everyday life in Sparta Sheds new light on a modern controversy relating to changes in Spartan society from the Archaic to Classical periods