What, exactly, is a philosophy of life? Who needs it, and why? In this talk I answer these questions beginning with a story that happened 23 centuries ago, and which resulted in the articulation of one of the most influential philosophies of antiquity, Stoicism. That philosophy is experiencing a comeback in the 21st century, for the simple reasons that it resonates with fundamentals of the human condition, and that it works in practice. We will see how Stoicism can offer a compass to navigate life, to set priorities for what is important, to become better citizens of the world, and even to prepare ourselves for the most difficult test of our character: our own demise at the end of our life.