

The Stoics Biographies Of Marcus Aurelius Seneca

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Marcus Aurelius - John Sellars 2020-07-02

In this new study, John Sellars offers a fresh examination of Marcus Aurelius' *Meditations* as a work of philosophy by placing it against the background of the tradition of Stoic philosophy to which Marcus was committed. The *Meditations* of Marcus Aurelius is a perennial bestseller, attracting countless readers drawn to its unique mix of philosophical reflection and practical advice. The emperor is usually placed alongside Seneca and Epictetus as one of three great Roman Stoic authors, but he wears his philosophy lightly, not feeling the need to state explicitly the ideas standing behind the reflections that he was writing for himself. As a consequence, his standing as a philosopher has often been questioned. Challenging claims that Marcus Aurelius was merely an eclectic thinker, that the *Meditations* do not fit the model of a work of philosophy, that there are no arguments in the work, and that it only contains superficial moral advice, Sellars shows that he was in constant dialogue with his Stoic predecessors, engaging with themes drawn from all three parts of Stoicism: logic, physics, and ethics. The image of Marcus Aurelius that emerges is of a committed Stoic, engaging with a wide range of philosophical topics, motivated by the desire to live a good life. This volume will be of interest to scholars and students of both Classics and Philosophy.

Stoic Six Pack 2 - Seneca 2015-10-10

Each work has been newly revised, edited and curated for the digital age. There is a complete Musonius Rufus and the rarely published Stoic Hierocles. *Consolations From A Stoic* contains all three of Seneca's consolations - *To Marcia*, *To Helvia* and *To Polybius*. *On The Shortness of Life* also by Seneca is presented in a brand new translation by author Damian Stevenson. *The Stoics* by Diogenes Laertius is a fascinating 3rd century biography of the first Greek Stoics - Zeno of Citium, Dinosius the Renegade, Chrysippus of Soli et al and there is also *Meditations In Verse*, an interesting Victorian poetic homage to Aurelius. *Stoic Six Pack 2* is an amazing collection of masterworks and rarities, a must-read for fans of *Meditations*, *Letters From A Stoic* and Stoic philosophy in general.

Think Like a Stoic - 2021-02-18

The Meditations of Marcus Aurelius - Marcus Aurelius (Emperor of Rome) 1894

[The Meditations of the Emperor Marcus Aurelius Antoninus](#) - Marcus Aurelius 2008-11

Meditations on ethics and life by Marcus Aurelius.

Meditations - Marcus Aurelius 2019-02-12

The unabridged version of this definitive work is now available in a highly designed paperback with flaps with a new introduction by Pierre Baumann. Part of the Knickerbocker Classics series, a modern design makes this timeless book a perfect travel companion. The personal writings of the Roman emperor Marcus Aurelius, who ruled from 161 to 180 AD, not only reflect on the

philosophical idea of Stoicism, but also on this powerful man's day-to-day life and issues that still plague us all. Considered to be one of the most influential writings, *Meditations* is as relevant today as when it was originally published. The Knickerbocker Classics bring together the works of classic authors from around the world in stunning gift editions to be collected and enjoyed. Complete and unabridged, these elegantly designed cloth-bound hardcovers feature a slipcase and ribbon marker, as well as a comprehensive introduction providing the reader with enlightening information on the author's life and works.

Seneca - Paul Veyne 2002-11-27

First published in 2003. Routledge is an imprint of Taylor & Francis, an informa company.

[Seekers After God](#) - F. W. Farrar 2014-12-03

"[...]fisher-lads by the shores of Gennesareth; while Seneca was ardently assimilating the doctrine of the stoic Attalus, St. Paul, with no less fervency of soul, sat learning at the feet of Gamaliel; and long before Seneca had made his way, through paths dizzy and dubious, to the zenith of his fame, unknown to him that Saviour had been crucified through whose only merits he and we can ever attain to our final rest. Seneca was about two years old when he was carried to Rome in his nurse's arms. Like many other men who have succeeded in attaining eminence, he suffered much from ill-health in his early years. He tells us of one serious illness from which he slowly recovered under the affectionate and tender nursing of his mother's sister.[...]"

The Meditations of the Emperor Marcus Aurelius Antoninus - Emperor of Rome Marcus Aurelius 2007-01-01

Contents Include Marcus Aurelius Antoninus The Philosophy of Antoninus *Meditations of Marcus Aurelius Lessons in Stoicism* - John Sellars 2019-09-05

How can Stoicism inspire us to lead more enjoyable lives? In the past few years, Stoicism has been making a comeback. But what exactly did the Stoics believe? In *Lessons in Stoicism*, philosopher John Sellars weaves together the key ideas of the three great Roman Stoics - Seneca, Epictetus and Marcus Aurelius -- with snapshots of their fascinating lives, to show us how their ideas can help us today. In vivid prose, Sellars shows how the works of these three Stoics have inspired readers ever since, speaking as they do to some of the perennial issues that face anyone trying to navigate their way through life. Their works, fundamentally, are about how to live -- how to understand one's place in the world, how to cope when things don't go well, how to manage one's emotions and how to behave towards others. Consoling and inspiring, *Lessons in Stoicism* is a deeply thoughtful guide to the philosophy of a good life.

Stoic Six Pack 2 - Seneca 2015-04-07

"To relax the mind is to lose it." *Stoic Six Pack 2* brings together six more essential texts for students of Stoicism: *Consolations From A Stoic* by Seneca *On The Shortness of Life* by Seneca *Lectures and Fragments of Musonius Rufus Ethical Fragments* by Hierocles *Meditations In Verse* by Marcus Aurelius and James Blake

The Stoics by Diogenes Laertius In addition to these six books there is also 'Seneca the Stoic,' a biographical essay. Each work has been newly revised, edited and curated for the digital age. There is a complete Musonius Rufus and the rarely published Hierocles. Consolations From A Stoic contains all three of Seneca's consolations - To Marcia, To Helvia and To Polybius. On The Shortness of Life also by Seneca is presented in a brand new translation by author Damian Stevenson. The Stoics by Diogenes Laertius is a fascinating 3rd century biography of the first Greek Stoics - Zeno of Citium, Dinoysius the Renegade, Chrysippus of Soli et al and there is also Meditations In Verse, an interesting Victorian poetic homage to Aurelius. Stoic Six Pack 2 is an amazing collection of masterworks and rarities, a must-read for fans of Meditations, Letters From A Stoic and Stoic philosophy in general. This collection is a "one-stop" for those wanting to be introduced to the teachings and wisdom of Stoic Philosophers. This eBook contains an unbelievable amount of stuff that is simply put, a steal of a deal at the current price. I have it as a reference and having so much in one location is important to me. I am more than happy with this and consider it a "Must-Have" for any student of stoic philosophy. Dennis Waller, Amazon Top 500 Reviewer on Stoic Six Pack 1.

Meditations of Marcus Aurelius Antoninus - Marcus Aurelius

Emperor of the Romans

Stoicism: A Very Short Introduction - Brad Inwood
2018-06-14

Stoicism is two things: a long past philosophical school of ancient Greece and Rome, and an enduring philosophical movement that still inspires people in the twenty-first century to re-think and re-organize their lives in order to achieve personal satisfaction. What is the connection between them? This Very Short

Introduction provides an introductory account of Stoic philosophy, and tells the story of how ancient Stoicism survived and evolved into the movement we see today.

Exploring the roots of the school in the philosophy of fourth century BCE Greece, Brad Inwood examines its basic history and doctrines and its relationship to the thought of Plato, Aristotle and his successors, and the Epicureans. Sketching the history of the school's reception in the western tradition, he argues that, despite the differences between ancient and contemporary Stoics, there is a common core of philosophical insight that unites the modern version not just to Seneca, Epictetus, and Marcus Aurelius but also to the school's original founders, Zeno, Cleanthes, and Chrysippus.

Inwood concludes by considering the place of Stoicism in modern life. 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.

The Stoics - Epictetus 2018-07-30

Complete teachings of the Stoic philosopher Epictetus including: The Enchiridion, The Discourses, The Golden Sayings, The Hymn of Cleanthes. The book is a complete guide for the advanced student of Stoicism to show him the best roads toward the goal of becoming a true philosopher. Epictetus was a Greek-speaking Stoic philosopher. He lived in Rome until his banishment, when he went to Nicopolis in north-western Greece for the rest of his life. Epictetus taught that philosophy is a way of life and not just a theoretical discipline. To Epictetus, all external events are beyond our control; we should accept whatever happens calmly and dispassionately. However, individuals are responsible for their own actions, which they can examine and

control through rigorous self-discipline.

Lives of the Stoics - Ryan Holiday 2020-09-29

INSTANT NEW YORK TIMES BESTSELLER #1 WALL STREET JOURNAL BESTSELLER From the bestselling authors of The Daily Stoic - an inspiring guide to the lives of Stoicism's greatest practitioners A New York Times Noteworthy Pick 'In story after page-turning story, Lives of the Stoics brings ancient philosophers to life.' - David Epstein, bestselling author of Range 'Wonderful' - Chris Bosh, two-time NBA Champion For millennia, Stoicism has been the ancient philosophy that attracts those who seek greatness, from athletes to politicians and everyone in between. And no wonder: its embrace of self-mastery, virtue and indifference to that which we cannot control has much to offer those grappling with today's chaotic world. But who were the Stoics? In this book, Ryan Holiday and Stephen Hanselman offer a fresh approach to understanding Stoicism through the lives of the people who practiced it - from Cicero to Zeno, Cato to Seneca, Diogenes to Marcus Aurelius. Through short biographies of all the famous, and lesser-known, Stoics, this book will show what it means to live stoically, and reveal the lessons to be learned from their struggles and successes. The result is a treasure trove of insights for anyone in search of living a good life.

The Golden Sayings of Epictetus Annotated - Epictetus
2022-04-25

Detailed Biography Of The Writer. The Golden Sayings of Epictetus is one of three key texts, along with the Meditations of Marcus Aurelius and Seneca's Letters From A Stoic, from which we know the philosophy of Stoicism.

The Greatest Empire - Emily R. Wilson 2014

"The life and works of Seneca pose a number of fascinating challenges. For one thing, how can we reconcile the bloody, passionate tragedies, with the prose works advocating a life of Stoic tranquility? An even more challenging question is, how are we to reconcile Seneca the Stoic philosopher, the man of principle, who advocated a life of calm and simplicity, with Seneca the man of the moment, who amassed a vast personal fortune in the service of an emperor seen by many, at the time and afterwards, as an insane tyrant? In this biography, Emily Wilson will present Seneca as a man under enormous pressure, struggling for compromise in a world of absolutism. His work and his life both show, in fascinating ways, the fissures and cracks created by the clash of the ideal and the real: the gulf between political hopes and fears, and philosophical ideals; the gap between what we want to be, and what we are. The book will assume no prior knowledge either of ancient Roman society, Stoicism, Seneca's life or work, but will weave these features together into a lively narrative, while presenting new insights into an author whose reputation is currently experiencing a revival within the academy"--

Wolf-Huber-Gedächtnisausstellung zum vierhundertsten Todesjahr - 1953

Gateway to the Stoics - Marcus Aurelius 2023-01-10

The one book you need to master stoic philosophy! This classic collection, newly revised and with a foreword by classicist Spencer Klavan, includes the famed original introduction by Russell Kirk, the full text of the Meditations of Marcus Aurelius, the complete Enchiridion of Epictetus, and key selections from Seneca and Hierocles of Alexandria in one compact volume.

Seekers after God - F. W. Farrar 2022-09-16

DigiCat Publishing presents to you this special edition of "Seekers after God" by F. W. Farrar. DigiCat Publishing considers every written word to be a legacy of humankind. Every DigiCat book has been carefully reproduced for republishing in a new modern format. The books are available in print, as well as ebooks. DigiCat hopes you will treat this work with the acknowledgment and passion it deserves as a classic of world

literature.

Dying Every Day - James Romm 2014-12-02

From acclaimed classical historian, author of *Ghost on the Throne* a high-stakes drama full of murder, madness, tyranny, perversion, with the sweep of history on the grand scale. At the center, the tumultuous life of Seneca, ancient Rome's preeminent writer and philosopher, beginning with banishment in his fifties and subsequent appointment as tutor to twelve-year-old Nero, future emperor of Rome. Controlling them both, Nero's mother, Julia Agrippina the Younger, Roman empress, great-granddaughter of the Emperor Augustus, sister of the Emperor Caligula, niece and fourth wife of Emperor Claudius. James Romm seamlessly weaves together the life and written words, the moral struggles, political intrigue, and bloody vengeance that enmeshed Seneca the Younger in the twisted imperial family and the perverse, paranoid regime of Emperor Nero, despot and madman. Romm writes that Seneca watched over Nero as teacher, moral guide, and surrogate father, and, at seventeen, when Nero abruptly ascended to become emperor of Rome, Seneca, a man never avid for political power became, with Nero, the ruler of the Roman Empire. We see how Seneca was able to control his young student, how, under Seneca's influence, Nero ruled with intelligence and moderation, banned capital punishment, reduced taxes, gave slaves the right to file complaints against their owners, pardoned prisoners arrested for sedition. But with time, as Nero grew vain and disillusioned, Seneca was unable to hold sway over the emperor, and between Nero's mother, Agrippina—thought to have poisoned her second husband, and her third, who was her uncle (Claudius), and rumored to have entered into an incestuous relationship with her son—and Nero's father, described by Suetonius as a murderer and cheat charged with treason, adultery, and incest, how long could the young Nero have been contained? *Dying Every Day* is a portrait of Seneca's moral struggle in the midst of madness and excess. In his treatises, Seneca preached a rigorous ethical creed, exalting heroes who defied danger to do what was right or embrace a noble death. As Nero's adviser, Seneca was presented with a more complex set of choices, as the only man capable of summoning the better aspect of Nero's nature, yet, remaining at Nero's side and colluding in the evil regime he created. *Dying Every Day* is the first book to tell the compelling and nightmarish story of the philosopher-poet who was almost a king, tied to a tyrant—as Seneca, the paragon of reason, watched his student spiral into madness and whose descent saw five family murders, the Fire of Rome, and a savage purge that destroyed the supreme minds of the Senate's golden age.

On the Happy Life - Seneca 2018-02-24

On the Happy Life is a dialogue written by Seneca the Younger around the year 58 AD, intended for his older brother Gallio. It is divided into 28 chapters that present the moral thoughts of Seneca at their most mature. Seneca explains that the pursuit of happiness is the pursuit of reason & reason meant not only using logic, but also understanding the processes of nature.

The Practicing Stoic - Ward Farnsworth 2018

The great insights of the Stoics are spread over a wide range of ancient sources. This book brings them all together for the first time. It systematically presents what the various Stoic philosophers said on every important topic, accompanied by an eloquent commentary that is clear and concise. The result is a set of philosophy lessons for everyone - the most valuable wisdom of ages past made available for our times, and for all time.

The Meditations of the Emperor Marcus Aurelius Antoninus - Marcus Aurelius (Emperor of Rome) 1826

The Stoic Strain in American Literature - Marston LaFrance 1979

Seekers After God - Frederic William Farrar 1868

Marcus Aurelius - Frank McLynn 2009-08-20

Marcus Aurelius (121–180 AD) is one of the great figures of antiquity whose life and words still speak to us today. His *Meditations* remains one of the most widely read books from the classical world, and his life represents the fulfillment of Plato's famous dictum that mankind will prosper only when philosophers are rulers. Based on all available original sources, Marcus Aurelius is the definitive biography to date of this monumental historical figure.

The Inner Citadel - Pierre Hadot 1998

The *Meditations* of Marcus Aurelius are treasured today--as they have been over the centuries--as an inexhaustible source of wisdom. And as one of the three most important expressions of Stoicism, this is an essential text for everyone interested in ancient religion and philosophy. Yet the clarity and ease of the work's style are deceptive. Pierre Hadot, eminent historian of ancient thought, uncovers new levels of meaning and expands our understanding of its underlying philosophy. Written by the Roman emperor for his own private guidance and self-admonition, the *Meditations* set forth principles for living a good and just life. Hadot probes Marcus Aurelius's guidelines and convictions and discerns the hitherto unperceived conceptual system that grounds them. Abundantly quoting the *Meditations* to illustrate his analysis, the author allows Marcus Aurelius to speak directly to the reader. And Hadot unfolds for us the philosophical context of the *Meditations*, commenting on the philosophers Marcus Aurelius read and giving special attention to the teachings of Epictetus, whose disciple he was. The soul, the guiding principle within us, is in Marcus Aurelius's Stoic philosophy an inviolable stronghold of freedom, the "inner citadel." This spirited and engaging study of his thought offers a fresh picture of the fascinating philosopher-emperor, a fuller understanding of the tradition and doctrines of Stoicism, and rich insight on the culture of the Roman empire in the second century. Pierre Hadot has been working on Marcus Aurelius for more than twenty years; in this book he distills his analysis and conclusions with extraordinary lucidity for the general reader.

Dialogues and Letters - Seneca 2005-02-24

A major writer and a leading figure in the public life of Rome, Seneca (c. 4BC-AD 65) ranks among the most eloquent and influential masters of Latin prose. This selection explores his thoughts on philosophy and the trials of life. In the *Consolation to Helvia* he strives to offer solace to his mother, following his exile in AD 41, while *On the Shortness of Life* and *On Tranquillity of Mind* are lucid and compelling explorations of Stoic thought. Witty and self-critical, the *Letters* - written to his young friend Lucilius - explore Seneca's struggle to acquire philosophical wisdom. A fascinating insight into one of the greatest minds of Ancient Rome, these works inspired writers and thinkers including Montaigne, Rousseau, and Bacon, and continue to intrigue and enlighten.

Stoic Six 2 (Illustrated) - Musonius Rufus 2017-10-24

Stoic Six Pack 2 brings together six more essential texts for students of Stoicism: *Consolations From A Stoic* by Seneca. *On The Shortness of Life* by Seneca. *Lectures and Fragments of Musonius Rufus*. *Ethical Fragments* by Hierocles. *Meditations In Verse* by Marcus Aurelius and James Blake. *The Stoics* by Diogenes Laërtius. In addition to these six books there is also: *Two image galleries.* *Seneca the Stoic* - a biographical essay. Each work has been newly revised, edited and curated for the digital age. There is a complete Musonius Rufus and the rarely published Stoic Hierocles. *Consolations From A Stoic* contains all three of Seneca's consolations - *To Marcia*, *To Helvia* and *To*

Polybius. On The Shortness of Life also by Seneca is presented in a brand new translation by author Damian Stevenson. The Stoics by Diogenes Laërtius is a fascinating 3rd century biography of the first Greek Stoics - Zeno of Citium, Dinoysius the Renegade, Chrysippus of Soli et al and there is also Meditations In Verse, an interesting Victorian poetic homage to Aurelius. Stoic Six 2 is an amazing collection of masterworks and rarities, a must-read for fans of Meditations, Letters from a Stoic and Stoic philosophy in general.

The Daily Stoic - Ryan Holiday 2016-10-18

From the team that brought you *The Obstacle Is the Way* and *Ego Is the Enemy*, a daily devotional of Stoic meditations—an instant Wall Street Journal and USA Today Bestseller. Why have history's greatest minds—from George Washington to Frederick the Great to Ralph Waldo Emerson, along with today's top performers from Super Bowl-winning football coaches to CEOs and celebrities—embraced the wisdom of the ancient Stoics? Because they realize that the most valuable wisdom is timeless and that philosophy is for living a better life, not a classroom exercise. *The Daily Stoic* offers 366 days of Stoic insights and exercises, featuring all-new translations from the Emperor Marcus Aurelius, the playwright Seneca, or slave-turned-philosopher Epictetus, as well as lesser-known luminaries like Zeno, Cleanthes, and Musonius Rufus. Every day of the year you'll find one of their pithy, powerful quotations, as well as historical anecdotes, provocative commentary, and a helpful glossary of Greek terms. By following these teachings over the course of a year (and, indeed, for years to come) you'll find the serenity, self-knowledge, and resilience you need to live well.

Meditations - Marcus Aurelius 2013-08-15

Marcus Aurelius, emperor of Rome, may be the closest mankind has ever come to producing the philosopher king that Plato envisioned in *The Republic*. A reluctant ruler and a reluctant warrior, much of his reign was spent in battle, defending the frontiers of the empire from the "barbarian" hordes. Fortunately for us, he carried a notebook along on his military campaigns, and thus we have the *Meditations*. Marcus's writings reveal him to be the last and greatest of the classical Stoics. Stoicism is a school of thought that asserts we have no control over our lives, only control over our perceptions. It advocates that the best life is the life that is lived in accordance with nature (not "nature" as in grass and trees, but "nature" as in the order of the universe). By concentrating one's thoughts and choices on what is good and virtuous, and disregarding the unimportant distractions of everyday life (even life and death are said to be neither good nor bad, but "indifferent"), we can avoid negative emotions like fear, anger, grief, and frustration, and live a life of happiness and tranquility. That's an oversimplification, of course. If you really want to know what Stoicism is and how it works read Epictetus or Seneca. What Marcus provides us with are the reflections of a man who studied and lived the Stoic life, and was its ultimate exemplar. Even if you don't buy into Stoicism, or have no interest in Philosophy with a capital P, you can still find inspiration and solace in the *Meditations*, as Marcus instructs us in dealing justly with others, overcoming emotional hardship, living life to the fullest by overcoming the fear of death, and resigning oneself to the insignificance of man in the universe. The *Meditations* are divided into twelve books. Each book contains anywhere from 16 to 75 numbered paragraphs, ranging in length from a sentence to a page. The paragraphs are arranged without regard to sequence or subject matter. This haphazard method of compilation is really the book's only flaw. What the *Meditations* has always needed is a good index, but I've never found a volume that has one. It is a pleasure to publish this

new, high quality, and affordable edition of this timeless book.

Seekers After God - Frederic William Farrar 1892

Seekers After God - Frederic William Farrar 1875

Thoughts of Emperor of the Rome Marcus Aurelius

Antoninus - Marcus Aurelius 2020-05-18

The *Thoughts* is a series of personal reflections by Marcus Aurelius, Roman Emperor 161–180 CE, written over a series of years in far-flung places as he led the Romans in military campaigns, quashed revolts, and dealt with the other tribulations of governing the Empire. It is best described as a spiritual journal, containing a record of the emperor and 's philosophical exercises. The life-changing principles of Stoicism taught through the story of its most famous proponent. and quot;This book is a wonderful introduction to one of history and 's greatest figures: Marcus Aurelius. His life and this book are a clear guide for those facing adversity, seeking tranquility and pursuing excellence. and quot;—Ryan Holiday, bestselling author of *The Obstacle is the Way* and *The Daily Stoic*

Marcus Aurelius - Frank McLynn 2011-12-31

Marcus Aurelius is the one great figure of antiquity who still speaks to us today, nearly 2,000 years after his death. A philosopher as well as an emperor, his was an extraordinary reign. He proved himself a great leader, protecting the Empire from Germans in the North and fighting the Parthians in the East, and his *Meditations* - compared by John Stuart Mill to the Sermon on the Mount - remains one of the most widely-read Classical books. Impeccably researched and vividly told, Frank McLynn's *Marcus Aurelius* is the definitive biography of a monumental historical figure.

The Thoughts of Marcus Aurelius Antoninus - Marcus Aurelius (Emperor of Rome) 1957

Secrets of the Stoics - Jason Hemlock 2023-02-24

If you have been struggling with the big questions: Who am I? How can I find my purpose? How should I live my life? Stoicism has the answers. In *Secrets of the Stoics*, you will learn about three of the most influential ancient Stoics: Marcus Aurelius, Epictetus, and Seneca. You will discover the importance of Stoicism in their daily lives and how it helped them cope with the highs and lows of life, before facing death with resilience and acceptance. Along the way, you will find out: How to respond with love in the most challenging situations How a journaling habit can help you be more effective in your daily life and how to get started How to stop worrying about things that are outside of your control and find inner peace Be more intentional in your thoughts, feelings, and actions to create the life you really want How the Stoics practised mindfulness and how you can use it to make the most of any situation And that's just the start. There is so much to be learned from the ancient Stoic philosophers and so much they can teach us about how to survive and thrive in modern society. As Marcus Aurelius wrote, "Today I escaped from anxiety. Or no, I discarded it, because it was within me, in my own perceptions - not outside."

Stoic Six Pack - Meditations of Marcus Aurelius and More - Seneca 2014-11-16

"You have power over your mind - not outside events. Realize this, and you will find strength. The happiness of your life depends upon the quality of your thoughts." *Stoic Six Pack* brings together the six essential texts of Stoic Philosophy: *Meditations* by Marcus Aurelius, *The Golden Sayings of Epictetus*, *Fragments of Epictetus*, *Discourses of Epictetus*, *Seneca's Letters from a Stoic: Epistulae Morales AD Lucilium* and *The Enchiridion of Epictetus*. In addition to these six master texts, there is also: a biography of Marcus Aurelius. For students of Stoicism, there is the convenience of having all six

texts in one searchable volume. People new to the ideas of Zeno, Seneca, Aurelius et al could ask for no better introduction than this awesome anthology. "In the last three years, I've begun to explore one philosophical system in particular: Stoicism. I've found it to be a simple and immensely practical set of rules for better results with less effort." (Timothy Ferriss, author of Four Hour Workweek.)

A Handbook for New Stoics - Massimo Pigliucci 2019-05-14

A pragmatic philosophy more popular than ever—here are 52 ancient lessons to help you overcome adversity and find tranquility in the modern world Stress often comes from situations that are beyond our control—such as preparing for a meeting, waiting for test results, or

arguing with a loved one. But we can control our response to these everyday tensions—through the wisdom and practice of Stoicism. Stoicism is an ancient pragmatic philosophy that teaches us to step back, gain perspective, and act with intention. In *A Handbook for New Stoics*, renowned philosopher Massimo Pigliucci and seasoned practitioner Gregory Lopez provide 52 week-by-week lessons to help us apply timeless Stoic teachings to modern life. Whether you're already familiar with Seneca and Marcus Aurelius, or you're entirely new to Stoicism, this handbook will help you embrace challenges, thrive under pressure, and discover the good life! Join the online discussion group for *A Handbook for New Stoics*! facebook.com/groups/377601502853437