

Letters From A Stoic Seneca

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Letters from a Stoic Penguin

A new series of beautiful hardcover nonfiction classics, with covers designed by Coralie Bickford-Smith World-changing ideas meet eye-catching design: the best titles of the extraordinarily successful Great Ideas series are now packaged in Coralie Bickford-Smith’s distinctive, award-winning covers. Whether on a well-curated shelf or in your back pocket, these timeless works of philosophical, political, and psychological thought are absolute must-haves for book collectors as well as design enthusiasts. A philosophy that saw self-possession as the key to an existence lived "in accordance with nature," Stoicism called for the restraint of animal instincts and the severing of emotional ties. These beliefs were formulated by the Athenian followers of Zeno in the fourth century BC, but it was in Seneca that the Stoics found their most eloquent advocate. Stoicism, as expressed in the Letters, helped ease pagan Rome's transition to Christianity, for it upholds upright ethical ideals and extols virtuous living, as well as expressing disgust for the harsh treatment of slaves and the inhumane slaughter witnessed in the Roman arenas. Seneca's major contribution to a seemingly unsympathetic creed was to transform it into a powerfully moving and inspiring declaration of the dignity of the individual mind. Robin Campbell's distinguished translation captures Seneca's humour and concise, memorable aphorisms and his introduction discusses the tensions between Seneca's philosophy and his turbulent career as adviser to the tyrannical emperor Nero. For more than sixty-five years, Penguin has been the leading publisher of classic literature in the English-speaking world. With more than 1,500 titles, Penguin Classics represents a global bookshelf of the best works throughout history and across genres and disciplines. Readers trust the series to provide authoritative texts enhanced by introductions and notes by distinguished scholars and contemporary authors, as well as up-to-date translations by award-winning translators.

Ad Lucilium Epistulae Morales

Seneca's Letters from a Stoic *Courier Dover Publications*

As chief advisor to the emperor Nero, Lucius Annaeus Seneca was most influential in ancient Rome as a power behind the throne. His lasting fame derives from his writings on Stoic ideology, in which philosophy is a practical form of self-improvement rather than a matter of argument or wordplay. Seneca's letters to a young friend advise action rather than reflection, addressing the issues that confront every generation: how to achieve a good life; how to avoid corruption and self-indulgence; and how to live without fear of death. Written in an intimate, conversational style, the letters reflect the traditional Stoic focus on living in accordance with nature and accepting the world on its own terms. The philosopher emphasizes the Roman values of courage, self-control, and rationality, yet he remains remarkably modern in his tolerant and cosmopolitan attitude. Rich in epigrammatic wit, Seneca's interpretation of Stoicism constitutes a timeless and inspiring declaration of the dignity of the individual mind.

The Daily Stoic

366 Meditations on Wisdom, Perseverance, and the Art of Living *Penguin*

From the team that brought you *The Obstacle Is the Way* and *Ego Is the Enemy*, a beautiful 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.

Letters on Ethics

To Lucilius *University of Chicago Press*

The Roman statesman and philosopher Seneca (4 BCE–65 CE) recorded his moral philosophy and reflections on life as a highly original kind of correspondence. Letters on Ethics includes vivid descriptions of town and country life in Nero's Italy, discussions of poetry and oratory, and philosophical training for Seneca's friend Lucilius. This volume, the first complete English translation in nearly a century, makes the Letters more accessible than ever before. Written as much for a general audience as for Lucilius, these engaging letters offer advice on how to deal with everything from nosy neighbors to sickness, pain, and death. Seneca uses the informal format of the letter to present the central ideas of Stoicism, for centuries the most influential philosophical system in the Mediterranean world. His lively and at times humorous expositions have made the Letters his most popular work and an enduring classic. Including an introduction and explanatory notes by Margaret Graver and A. A. Long, this authoritative edition will captivate a new generation of readers.

Letters from a Stoic

Epistulae Morales Ad Lucilium *Penguin UK*

A philosophy that saw self-possession as the key to an existence lived 'in accordance with nature', Stoicism called for the restraint of animal instincts and the severing of emotional ties. These beliefs were formulated by the Athenian followers of Zeno in the fourth century BC, but it was in Seneca (c. 4 BC- AD 65) that the Stoics found their most eloquent advocate. Stoicism, as expressed in the Letters, helped ease pagan Rome's transition to Christianity, for it upholds upright ethical ideals and extols virtuous living, as well as expressing disgust for the harsh treatment of slaves and the inhumane slaughters witnessed in the Roman arenas. Seneca's major contribution to a seemingly unsympathetic creed was to transform it into a powerfully moving and inspiring declaration of the dignity of the individual mind.

Letters from a Stoic: All Three Volumes

All Three Volumes *Lulu.com*

Like the 'Meditations' of Marcus Aurelius, Seneca's 'Letters' are a treasure of practical wisdom on how to live and enjoy life. The focus is on living a simple, stress-free life thorough the use of rationalism. The letters provide practical steps for people to deal with the human suffering that comes with life's problems. Topics featured range from discussions on the shortness of life and anger to immortality and death. The Letters are part of the foundation of Stoic thought making Seneca one of the indispensable thinkers from Ancient Roman philosophy.

Seneca

Fifty Letters of a Roman Stoic *University of Chicago Press*

A selection of Seneca’s most significant letters that illuminate his philosophical and personal life. “There is only one course of action that can make you happy. . . . rejoice in what is yours. What is it that is yours? Yourself; the best part of you.” In the year 62, citing health issues, the Roman philosopher Seneca withdrew from public service and devoted his time to writing. His letters from this period offer a window onto his experience as a landowner, a traveler, and a man coping with the onset of old age. They share his ideas on everything from the treatment of enslaved people to the

perils of seafaring, and they provide lucid explanations for many key points of Stoic philosophy. This selection of fifty letters brings out the essentials of Seneca’s thought, with much that speaks directly to the modern reader. Above all, they explore the inner life of the individual who proceeds through philosophical inquiry from a state of emotional turmoil to true friendship, self-determination, and personal excellence.

Letters from a Stoic

The Ancient Classic *John Wiley & Sons*

DISCOVER THE ENDURING LEGACY OF ANCIENT STOICISM Since Roman antiquity, Lucius Annaeus Seneca’s Letters have been one of the greatest expressions of Stoic philosophy. In a highly accessible and timeless way, Seneca reveals the importance of cultivating virtue and the fleeting nature of time, and how being clear sighted about death allows us to live a life of meaning and contentment. Letters from a Stoic continues to fascinate and inspire new generations of readers, including those interested in mindfulness and psychological techniques for well-being. This deluxe hardback selected edition includes Seneca’s first 65 letters from the Richard M. Gummere translation. An insightful introduction by Donald Robertson traces Seneca’s busy life at the centre of Roman power, explores how he reconciled his Stoic outlook with vast personal wealth, and highlights Seneca’s relevance for the modern reader.

Letters from a Stoic

The 124 Epistles of Seneca - Complete (Hardcover)

This edition of Seneca's Epistles unites all 124 of the letters in a single volume, complete with thorough explanatory notes, an appendix, and an index of the names referred to in the text. The entirety of this compendium was penned by Seneca during his retirement and sent to his friend Lucilius Junior, a procurator of Sicily. At this late stage of life, Seneca held great experience in matters of both philosophy and governance, having served under the Emperor Nero for fifteen years. Despite the conversational tone present in many of Seneca's epistles, it isn't entirely clear whether Seneca actually corresponded with Lucilius. It is possible that Seneca simply wished to write fictional correspondence so as to experiment with the form, possibly recreating how he wisely explained ideas or concepts to individuals. The quotation: Vita sine litteris mors - 'Life without learning [is] death' - is derived from the 82nd epistle, and remains the motto for several educational institutions around the world.

Selected Letters *OUP Oxford*

'You ask what is the proper measure of wealth? The best measure is to have what is necessary, and next best, to have enough. Keep well!' The letters written by the Stoic philosopher and tragedian Seneca to his friend Lucilius are in effect moral essays, whose purpose is to reinforce Lucilius' struggle to achieve wisdom and serenity, uninfluenced by worldly emotions. Seneca advises his friend on how to do without what is superfluous, whether on the subject of happiness, riches, reputation, or the emotions. The letters include literary critical discussions, moral exhortation, exemplary heroes and episodes from Roman history, and a lurid picture of contemporary luxury. We learn about Seneca's household and estates and about life in the time of Nero; the topic of death is never far away. This readable new translation is the largest selection of Seneca's letters currently available. Accompanied by an invaluable introduction and notes, it opens a window on to Seneca's world. ABOUT THE SERIES: For over 100 years Oxford World's Classics has made available the widest range of literature from around the globe. Each affordable volume reflects Oxford's commitment to scholarship, providing the most accurate text plus a wealth of other valuable features, including expert introductions by leading authorities, helpful notes to clarify the text, up-to-date bibliographies for further study, and much more.

Letters from a Stoic *Lulu.com*

Like the Meditations of Marcus Aurelius, Seneca's Letters are a treasure of practical wisdom on how to live and enjoy life. The focus is on living a simple, stress-free life thorough the use of rationalism. Seneca's timeless essays provide practical steps for people to deal with the human suffering that comes with life's problems. Topics featured range from discussions on the shortness of life and anger to immortality and death. The Letters are part of the foundation of Stoic thought making Seneca one of the indispensable thinkers from Ancient Roman philosophy. Although Stoicism is not now as widely practiced as it once was, many people can still find wisdom and inspiration through Seneca's words of advice.

Stoicism and the Art of Happiness

Practical wisdom for everyday life: embrace perseverance, strength and happiness with stoic philosophy *Teach Yourself*

The stoics lived a long time ago, but they had some startling insights into the human condition - insights which endure to this day. The philosophical tradition, founded in Athens by Zeno of Citium in 301 BC, endured as an active movement for almost 500 years, and contributions from dazzling minds such as Cicero, Seneca and Marcus Aurelius helped create a body of thought with an extraordinary goal - to provide a rational, healthy way of living in harmony with the nature of the universe and in respect of our relationships with each other. In many ways a precursor to Cognitive Behavioural Therapy (CBT), Stoicism provides an armamentarium of strategies and techniques for developing psychological resilience, while celebrating all in life which is beautiful and important. By learning what stoicism is, you can revolutionise your life and learn how to seize the day, live happily and be a better person. This simple, empowering book shows how to use this ancient wisdom to make practical, positive changes to your life. Using thought-provoking case studies, highlighting key ideas and things to remember and providing tools for self-assessment, it demonstrates that Stoicism is a proven, profound pathway to happiness.

The Stoic Philosophy of Seneca

Essays and Letters of Seneca *W. W. Norton & Company*
A selection of essays and letters by the 1st century Roman philosopher.

Selected Letters *Oxford University Press*
This is the largest selection of Stoic philosopher and tragedian Seneca's letters currently available. In them Seneca advises his friend Lucilius on how to do without what is superfluous, whether on the subject of happiness, riches, reputation, or the emotions. We learn too about Seneca's personal and political life in the time of Nero.

Breakfast with Seneca: A Stoic Guide to the Art of Living *W. W. Norton & Company*
The first clear and faithful guide to the timeless, practical teachings of the Stoic philosopher Seneca. Stoicism, the most influential philosophy of the Roman Empire, offers refreshingly modern ways to strengthen our inner character in the face of an unpredictable world. Widely recognized as the most talented and humane writer of the Stoic tradition, Seneca teaches us to live with freedom and purpose. His most enduring work, over a hundred “Letters from a Stoic” written to a close friend, explains how to handle adversity; overcome grief, anxiety, and anger; transform setbacks into opportunities for growth; and recognize the true nature of friendship. In Breakfast with Seneca, philosopher David Fideler mines Seneca’s classic works in a series of focused chapters, clearly explaining Seneca’s ideas without oversimplifying them. Best enjoyed as a daily ritual, like an energizing cup of coffee, Seneca’s wisdom provides us with a steady stream of time-tested advice about the human condition—which, as it turns out, hasn’t changed much over the past two thousand years.

The Discourses of Epictetus

With the Encheiridion and Fragments

Moral letters to Lucilius *Aegitas*
The Epistulae morales ad Lucilium (English: Moral Epistles to Lucilius) is a collection of 124 letters which were written by Seneca the Younger at the end of his life. They are addressed to Lucilius, the then procurator of Sicily, although he is known only through Seneca's writings. In these letters, Seneca gives Lucilius tips on how to become a more devoted Stoic. Lucilius was, at that time, the Governor of Sicily, although he is known only through Seneca's writings. Selected from the Epistulae Morales ad Lucilium, these letters illustrate the upright ideals admired by the Stoics and extol the good way of life as seen from their standpoint They also reveal how far in advance of his time were many of Seneca's ideas - his disgust at the shows in the arena or his criticism of the harsh treatment of slaves. Philosophical in tone and written in the 'pointed' style of the Latin Silver Age these 'essays in disguise' were clearly aimed by Seneca at posterity.

Seneca's Letters from a Stoic *GENERAL PRESS*
Seneca’s Letters from a Stoic are moral letters to his friend Lucilius, written over two thousand years ago. They still hold the power to fascinate. The letters were written by Seneca at the end of his life, during his retirement, after he had worked for the Emperor Nero for fifteen years. They are addressed to Lucilius, the then procurator of Sicily, although he is known only through Seneca's writings. It is not clear from the historical record whether or not Seneca and Lucilius actually corresponded, or whether in fact Seneca created the work as a form of fiction. Written in an intimate, conversational style, the letters reflect the traditional Stoic focus on living in accordance with nature and accepting the world on its own terms. The philosopher emphasizes the Roman values of courage, self-control, and rationality, yet he remains remarkably modern in his tolerant and cosmopolitan attitude. Seneca's interpretation of Stoicism constitutes a timeless and inspiring declaration of the dignity of the individual mind. For a new generation of Stoic students and practitioners, this lively, timeless guide to living the good life is an essential read.

Dialogues and Letters *Penguin UK*
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.

Letters from a Stoic (Complete) (Royal Collector's Edition) (Case Laminate Hardcover with Jacket) *Royal Classics*
Letters from a Stoic, include Seneca's complete surviving collection of 124 letters. The letters focus on many themes of Stoic philosophy such as the contempt of death, the stout-heartedness of the sage, and virtue as the supreme good.

Dying Every Day

Seneca at the Court of Nero *Vintage*

Explores the moral struggles, political intrigues and violent vendettas that enmeshed Seneca, the ancient Roman writer and philosopher, in the brutal daily lives of the imperial family and the regime of his student, Nero.

Letters from a Stoic *Xist Publishing*
Seneca's Letters in One Volume “What really ruins our character is the fact that none of us looks back over his life.”-Seneca, Letters from a Stoic Read the stoic wisdom collected in one eBook. These letters illustrate the ideals admired by the Stoics and reveal how far in advance of his time were many of Seneca's ideas. This book has been professionally formatted for e-readers and contains a bonus book club leadership guide and discussion questions. We hope you'll share this book with your friends, neighbors and colleagues and can't wait to hear what you have to say about it.

Seneca's Letters from a Stoic *Courier Dover Publications*
Major text of Roman Stoic philosophy examines the rational order of the universe, how to lead a simple life, effects and benefits of misfortune, and the necessity of facing mortality.

Letters from a Stoic: Volume III *Lulu.com*
Letters from a Stoic still holds the power to enthrall. The epistles were written by Seneca at the end of his life, during his retirement, after he had worked for the Emperor Nero for fifteen years. They are addressed to Lucilius, the then procurator of Sicily, although he is known only through Seneca's writings. Whether or not Seneca and Lucilius actually corresponded, or whether in fact Seneca created the work as a form of fiction, is not clear from the historical record. This is the third volume of the Letters, Epistles Letter XCIII - CXXIV.

Stoicism Collection

The Meditations of Marcus Aurelius, Seneca's Letters from a Stoic, and the Discourses of Epictetus *Createspace Independent Publishing Platform*
This Stoicism Collection contains three of the most notable Stoic pieces, The Meditations of Marcus Aurelius, Seneca's Letters from a Stoic, and The Discourses of Epictetus. These three pieces are the foundations of Stoicism.

Letters from a Stoic *Createspace Independent Publishing Platform*
How to Live a Happy Life, One Stoic Moment at a Time It's not how much you make, it's how you live. Letters from a Stoic is a first-person look into how an experienced Stoic applies philosophy to ordinary life and the world around him. From it you not only learn the core tenets of Stoicism, but get to witness the intellectual practice of someone who's who's wholly devoted to cultivating his mind, mastering philosophy, and achieving long-lasting happiness. The Stoics are not out to banish the emotions; they are out to reduce, to the extent possible, negative emotions, such as feelings of anger or grief that will disrupt our tranquillity. They value positive emotions, with feelings of joy being at the top of their list. Seneca's thoughts on the human condition seemed like they could have been written today. Except for some dated Roman references, here is a man trying to define how to live, in what we today would call "the secular society." He was priveleged, ego centric, and all too aware of the fleeting nature of life. He was also a tutor of Nero, a dramatist, philosopher, slave owner, etc. But his essay-like letters reveal a man struggling to make sense of a world of power, wealth and abundance, oestensibly ruled by reason, suffused with uncertainty and enveloped in paganism. Seneca's Stoic doctrine of nature is remarkably close to that of Emerson or modern American environmentalists. The wise man (sapiens) will never be bored when contemplating the simple things of nature. The natural beauty of the countryside and the healthful action of the waves can have a calming effect. The basic message of Stoicism that Seneca presents here is profound and vital. The key to a happy life is to live in accordance with nature. This is accomplished by training yourself not to desire more than you have and to learn to be content with what comes to you. Freedom from attachments Govern your emotions with reason, resign yourself to fate, and free yourself from the attachments of your desires. This includes not only the extravagance with which society distracts us from nature, or the obviously harmful excesses of food and drink, but even the attachment to your own life. Only by conquering your fear of death can you experience true freedom and live a life of quality. This book offers an inexpensive selection of Seneca's letters to his friend Lucilius. These letters are a treasure of practical wisdom on how to live and enjoy life. Essentially Seneca tells his friend (and us) that freedom and tranquility result from our inner character and not external circumstances. A change in our well being is therefore more a question of an improvement in our character than a move of physical place or circumstances. Those who build character will endure life and attain wisdom, inner peace and tranquility. Why you should read this book (again.) Certainly this is a book that will make you think, however it is not just for the casual read. To get the most from this book you need to set aside the time to fully digest exactly what it is saying. It is certainly easy to read and with each chapter representing a separate letter and topic following along is easy. Like most book of this genre, it is something that will have to read more than once to get the full benefit from. This won't be a real concern since the book is truly timeless. "Your greatest difficulty is with yourself; you are your own stumbling-block." In his Letters we discover how to remove that stumbling block with the wisdom of this remarkable man. Scroll up and get your copy now.

Letters From a Stoic by Seneca *QuickRead.com*
Do you want more free book summaries like this? Download our app for free at https://www.QuickRead.com/App and get access to hundreds of free book and audiobook summaries. How to cultivate the good life according to Roman philosophy. Today, we treasure the Romans for their advances in art, culture, politics, and philosophy. That’s why so many of their texts survived and why we employ elements of their political practices in our modern form of government. But Letters From a Stoic invites us to remember the Romans as more than dusty relics and engage with ancient wisdom that still has the power to pack a punch in the present. By exploring the writings of the influential Roman philosopher Seneca, Letters From a Stoic

offers us the opportunity to connect with Seneca’s insights on some of the fundamental questions of human existence: what “the good life” is and how to find it, how to break free of toxic habits, and how to find peace.

Letters on Ethics

To Lucilius *University of Chicago Press*

The Roman statesman and philosopher Seneca (4 BCE–65 CE) recorded his moral philosophy and reflections on life as a highly original kind of correspondence. Letters on Ethics includes vivid descriptions of town and country life in Nero’s Italy, discussions of poetry and oratory, and philosophical training for Seneca’s friend Lucilius. This volume, the first complete English translation in nearly a century, makes the Letters more accessible than ever before. Written as much for a general audience as for Lucilius, these engaging letters offer advice on how to deal with everything from nosy neighbors to sickness, pain, and death. Seneca uses the informal format of the letter to present the central ideas of Stoicism, for centuries the most influential philosophical system in the Mediterranean world. His lively and at times humorous expositions have made the Letters his most popular work and an enduring classic. Including an introduction and explanatory notes by Margaret Graver and A. A. Long, this authoritative edition will captivate a new generation of readers.

Moral letters to Lucilius *Aegitas*

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Dialogues and Essays *Oxford University Press*

Stoic philosopher and tutor to the young emperor Nero, Seneca wrote moral essays - exercises in practical philosophy - on how to live in a troubled world. Strikingly applicable today, his thoughts on happiness and other subjects are here combined in a clear, modern translation with an introduction on Seneca's life and philosophy.

Seneca: Selected Letters *Cambridge University Press*

The letters of Seneca are uniquely engaging among the works that have survived from antiquity. They offer an urgent guide to Stoic self-improvement but also cast light on Roman attitudes towards slavery, gladiatorial combat and suicide. This selection of letters conveys their range and variety, with a particular focus on letters from the earlier part of the collection. As well as a general introduction, it features a brief introductory essay on each letter, which draws out its themes and sets it in context. The commentary explains the more challenging aspects of Seneca's Latin. It also casts light on his engagement with Stoic (and Epicurean) ideas, on the historical context within which the letters were written and on their literary sophistication. This edition will be invaluable for undergraduate and graduate students and scholars of Seneca's moral and intellectual development.

Letters from a Stoic

Epistulae Morales Ad Lucilium - All Three Volumes *CreateSpace*

Like the Meditations of Marcus Aurelius, Seneca's Letters are a treasure of practical wisdom on how to live and enjoy life. The focus is on living a simple, stress-free life thorough the use of rationalism. The letters provide practical steps for people to deal with the human suffering that comes with life's problems. Topics featured in Seneca's letters range from discussions on the shortness of life and anger to immortality and death. The Letters are part of the foundation of Stoic thought making Seneca one of the indispensable thinkers from Ancient Roman philosophy. Although Stoicism is not now as widely practiced as it once was, many people can still find wisdom and inspiration through Seneca's words and letters. “In the last three years, I've begun to explore one philosophical system in particular: Stoicism. Through my preferred Stoic writer, Lucius Seneca, 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.

Letters from a Stoic *Createspace Independent Publishing Platform*

"One of the most beautiful qualities of true friendship is to understand and to be understood." - Seneca. Letters from a Stoic is a timeless guide to

living the good life. The moral epistles were written by Seneca at the end of his life, during his retirement, after he had worked for the Emperor Nero for fifteen years. They are addressed to Lucilius, the then procurator of Sicily, although he is known only through Seneca's writings. Whether or not Seneca and Lucilius actually corresponded, or whether in fact Seneca created the work as a form of fiction, is not clear from the historical record. This is the second volume of the Letters, Epistles LXVI-XCII.

Think Like a Stoic

Ancient Wisdom for Today's World

Letters from a Stoic

Renowned author Timothy Ferriss calls Stoicism "the ideal operating system for anyone who wants to operate in high-stress environments". When people want to know more, he recommends Seneca's Letters from a Stoic.Seneca's Letters, a masterpiece of classical literature, offer a compelling and accessible introduction to Stoic ideas. Seneca uses these ideas to offer practical advice on a number of real-world problems, and his guidance remains as relevant today as at the time it was written. Whether you are a senior executive or an emerging artist, an athlete or a home-maker, the Letters give you the tools you need to overcome setbacks and maximize your potential. Lexicos Publishing is proud to present this authoritative English edition, originally published by Harvard University Press, which has been revised and updated, with a new introduction and an up-to-date guide to further reading."In the last three years, I've begun to explore one philosophical system in particular: Stoicism. Though my preferred Stoic writer, Lucius Seneca, I've found it to be a simple and immensely practical set of rules for better results with less effort." Timothy Ferriss"It doesn't concern itself with complicated theories about the world, but with helping us overcome destructive emotions and act on what can be acted upon. Just like an entrepreneur, it's built for action, not endless debate." Ryan HolidaySeneca's Letters, a masterpiece of classical literature, offer a compelling and accessible introduction to Stoic ideas. Seneca uses these ideas to offer practical advice on a number of real-world problems, and his guidance remains as relevant today as at the time it was written. Whether you are a senior executive or an emerging artist, an athlete or a home-maker, the Letters give you the tools you need to overcome setbacks and maximize your potential. Lexicos Publishing is proud to present this authoritative English edition, originally published by Harvard University Press, which has been revised and updated, with a new introduction and an up-to-date guide to further reading."In the last three years, I've begun to explore one philosophical system in particular: Stoicism. Though my preferred Stoic writer, Lucius Seneca, I've found it to be a simple and immensely practical set of rules for better results with less effort." Timothy Ferriss"It doesn't concern itself with complicated theories about the world, but with helping us overcome destructive emotions and act on what can be acted upon. Just like an entrepreneur, it's built for action, not endless debate." Ryan Holiday

Letters from a Stoic (Complete) (Deluxe Library Binding) *Engage Classics*

Letters from a Stoic, include Seneca's complete surviving collection of 124 letters. The letters focus on many themes of Stoic philosophy such as the contempt of death, the stout-heartedness of the sage, and virtue as the supreme good.

The Practicing Stoic

A Philosophical User's Manual *David R. Godine Publisher*

Stoicism is the most helpful and practical philosophy ever devised. Its intention is to help people find happiness by thinking differently about their lives and their problems. The advice the Stoics provided centuries ago is still the best anyone has offered, and it’s as useful today as it was then—or more. When anyone today says something really wise, the Stoics usually said it first. Today the word “stoicism” is often used to mean suffering without complaint, but the true ideas, and ideals, of the Stoics are far more powerful and interesting. Stoicism means knowing the difference between what we can control and we can’t, and not worrying about the latter. The Stoics were masters of perspective, always taking the long view while remembering that life is short. And they were deep and insightful students of human nature, understanding how we manage to make ourselves miserable as well as how we seek and can find fulfillment. 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.

On the Shortness of Life *Lulu.com*

"Written as a moral essay to his friend Paulinus, Seneca's ... words still pack a powerful punch two thousand years later. With its brash rejection of materialism, conventional lifestyles and groupthink, [the book] is as relevant as ever."--Back cover.

Seneca the Philosopher and His Modern Message