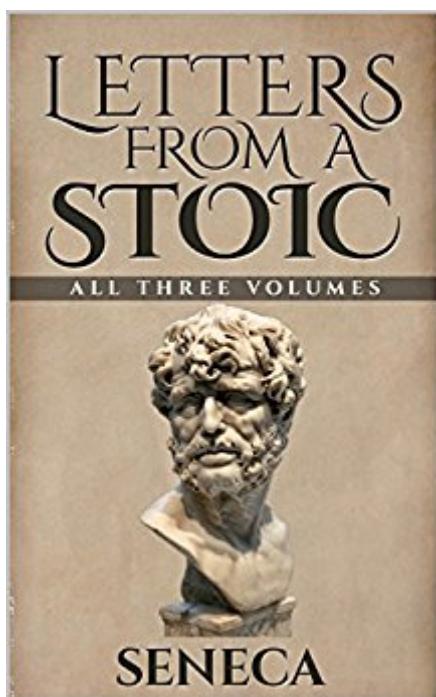


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Letters From A Stoic: Epistulae Morales AD Lucilium (Illustrated. Newly Revised Text. Includes Image Gallery + Audio): All Three Volumes



Synopsis

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. 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.¹ 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.² • Timothy Ferriss, author of *Four Hour Workweek*. *Includes link to free audio recording of the Letters.*Image gallery.*Special low price.

Book Information

File Size: 2271 KB

Print Length: 396 pages

Page Numbers Source ISBN: 1502929732

Simultaneous Device Usage: Unlimited

Publisher: Enhanced Media (October 23, 2014)

Publication Date: October 23, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00OVA77JW

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #18,595 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #6

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Customer Reviews

One of the best pragmatic books out there on the usefulness of philosophy and its positive impacts on any person's character, regardless of one's material status in society. I deeply admire Seneca's sayings, precisely because he seemed to have tried his best to live according to what philosophy dictates; namely that we be logical as well as humane , strong as well as sensible, courageous, brave and cautious not out of fear but because one has impartially investigated any given issue and reason has dictated the right course. This book and stoicism in general appeal to me immeasurably because the sense of community, hospitality and genuine kindness toward others is a unique African cultural practice. Perhaps this is what Africa can offer the world : Its humanity, humility and patience, despite the wars and diseases and sufferings. May we be all be blessed with sound minds, healthy souls and bodies as Seneca will be inclined to say. I highly recommend this book!

I read a letter a day, and am constantly amazed at how relevant these writings are. I will read and reread again and again. K. Kris Loomis is the author of How to Sneak More Yoga Into Your Life and the Modern Shorts for Busy People series.

I originally wanted to give this book 4 stars because of its awkwardly large size, however over time I have grown very fond of its notoriety and ease of use. I use it much like a devotional, often reading a letter every morning and night and while it is not in plane travel worthy, it is perfect for the desk, coffee table, and front room book shelf for ease of access. If you are a heavy annotator, as I am, this book will suit you as there is a little more room for personal notes and summations.

Marcus Aurelius started me down this path and his writings are excellent, but were meant as notes to himself. This was written as private instruction to a disciple on the road to "the porch." I am totally entertained by how many times he references Epircurus. I would have never expected that of a Stoic, but it really does demonstrate that we all approach Truth on a many fold path. That does NOT mean that all paths are equal or even lead to the same goal. Highly recommended. You will be both enlightened and entertained.

Excellent ideas in this book. One might say well, ideas in the book are obvious and well known. I can only say yes, they are. But how many of us do remind and live them in our daily life? How would

world look like if we would live them day by day? Seneca was a wise man and the book is full of great thoughts. What I also like about the book is, that it is divided into short letters, so it is easy to read, e.g. one letter a day. Therefore it's easy to read it just for 10 minutes a day and still have a benefit of it. For the price of Kindle edition, it is a diamond for peanuts :).

I really enjoyed this book; there are many valuable principles I felt like I could apply in my life. The translation and curating of the text itself is great!! There are just a couple of his letters about meta-philosophy that I felt were a bit much. Overall, I would totally recommend this book to introspective people who like to challenge themselves to grow.

Recipe for life

A really great resource and a value. The complete letters in one collection.

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