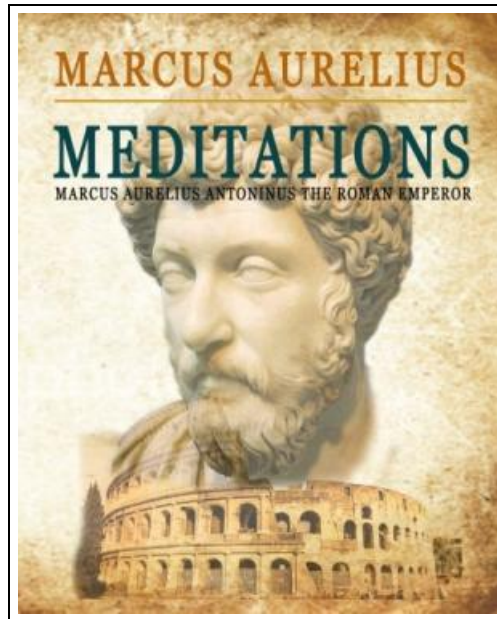


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Createspace Independent Publishing Platform, 2013. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Marcus Aurelius, emperor of Rome, may be the closest mankind has ever come to producing the philosopher 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...



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