Seneca On The Shortness Of Life

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.

'No man is crushed by misfortune unless he has first been deceived by prosperity.' In these dialogues and essays the Stoic philosopher Seneca outlines his thoughts on how to live in a troubled world. Tutor to the young emperor Nero, Seneca wrote exercises in practical philosophy that draw upon contemporary Roman life and illuminate the intellectual concerns of the day. They also have much to say to the modern reader, as Seneca ranges widely across subjects such as the shortness of life, tranquillity of mind, anger, mercy, happiness, and grief at the loss of a loved one. Seneca's accessible, aphoristic style makes his writing especially attractive as an introduction to Stoic philosophy, and belies its reputation for austerity and dogmatism. This edition combines a clear and modern translation with an introduction to Seneca's life and philosophical interests, and helpful notes.

"The happiness of your life depends upon the quality of your thoughts." — Marcus Aurelius "You have power over your mind - not outside events. Realize this, and you will find strength." — Marcus Aurelius "So it is: we are not given a short life but we are wasteful of it... Life is long if you know how to use it.— Seneca "We must indulge the mind and from time to time allow it the leisure which is its food and strength." — Seneca "Don't explain your philosophy. Embody it." — Epictetus "First say to yourself what you would be; and then do what you have to do." — Epictetus Three Stoic Classics contains three vital works introducing this life-changing philosophy. The Shortness of Life is a succinct call to the pursuit of philosophy, which leads to wise choices and the full life: "Of all men they alone are at leisure who take time for philosophy; they alone really live." Seneca offers piercing and profound insights into human nature, and a vision of the good life, summarised in his aphorism, "Life is long, if you know how to use it." Seneca elucidates many of the principles of modern productivity manuals, including the wise valuing of time: "People are frugal in guarding their personal property; but as soon as it comes to squandering time they are most wasteful of the one thing in which it is right to be stingy," intentionality, and rest and recreation: "We must go for walks out of doors, so that the mind can be strengthened and invigorated by a clear sky and plenty of fresh air. At times it will acquire fresh energy from a journey by carriage and a change of scene, or from socializing and drinking freely." Epictetus' Selected Discourses is a longer meditation on the sixty principles important to pursuing the Stoic Life. Beginning with the foundational principle: the difference in how we relate to the things under our control (our acts, thoughts, and desires) and those not under our control (our possessions, position, reputation), Epictetus's discourses cover topics including: How to maintain one's character in all circumstances, Friendship, Contentment, Anxiety, and On Dealing with Tyrants. Meditations is a life-changing book. It contains the private meditations of the most powerful man in the Roman world, the Emperor Marcus Aurelius, as he wrestled with the complexities of his life using the wisdom of Stoic Philosophy. Meditations is written in lucid, accessible language and, interestingly, we see that the problems and perplexities of this philosopher-King are much like ours. Marcus Aurelius was impressively able to live out his philosophical ideals-such as the importance of gratitude, mindfulness, simplicity and life-long learning, of seizing the day, and of remembering the shortness of life-while administering the Roman Empire. Stoic philosophy is, above all, practical. It uses reason and the careful observation of human life to address the problems of daily life. It is also universal-the emperor Marcus Aurelius and the freed slave Epictetus are both leading Stoic philosophers; indeed, Marcus Aurelius carefully studied the works of Epictetus. In recent years, Stoic philosophy has provided vital life lessons to people in all spheres of life. Indeed, modern Stoic thought "hold[s] fascinating promise for business and government leaders tackling global problems in a turbulent, post-recession slump," (Forbes). Three Stoic Classics is an indispensable guide to Stoic philosophy.

Living in Rome under Caligula and later a tutor to Nero, Seneca witnessed the extremes of human behaviour. His shocking and bloodthirsty plays not only reflect a brutal period of history but also show how guilt, sorrow, anger and desire lead individuals to violence. The hero of Hercules Insane saves his own family from slaughter, only to commit further atrocities when he goes mad. The horrifying death of Astyanax is recounted in Trojan Women, and Phaedra deals with forbidden love. In Oedipus a nervous man discovers himself, while Thyestes recounts the bitter family struggle for a crown. Of uncertain authorship, Octavia dramatizes Nero's divorce from his wife and her deportation. The only Latin tragedies to have survived complete, these plays are masterpieces of vibrant, muscular language and psychological insight.

Dialogues

Essays and Letters of Seneca

On the Shortness of Life & Letters from a Stoic (19th Century Classics Illustrated Edition)

De Brevitate Vitae: a New Translation

The Daily Stoic

A selection of essays and letters by the 1st century Roman philosopher.

This work has been selected by scholars as being culturally important, and is part of the knowledge base of civilization as we know it. This work was reproduced from the original artifact, and remains as true to the original work as possible. Therefore, you will see the original copyright references, library stamps (as most of these works have been housed in our most important libraries around the world), and other notations in the work. This work is in the public domain in the United States of America, and possibly other nations. Within the United States, you may freely copy and distribute this work, as no entity (individual or corporate) has a copyright on the body of the work.As a reproduction of a historical artifact, this work may contain missing or blurred pages, poor pictures, errant marks, etc. Scholars believe, and we concur, that this work is important enough to be preserved, reproduced, and made generally available to the public. We appreciate your support of the preservation process, and thank you for being an important part of keeping this knowledge alive and relevant.

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.

On the Shortness of LifePhoemixx Classics Ebooks

Seneca - on the Shortness of Life

With the Encheiridion and Fragments

Breakfast with Seneca: A Stoic Guide to the Art of Living

Ancient Wisdom for Today's World

Adapted for the Contemporary Reader

Stoicism: A Practical Guide to the Select Works of Seneca

"Seneca is a major philosophical figure of the Roman Imperial Period. As a Stoic philosopher writing in Latin, Seneca makes a lasting contribution to Stoicism. He occupies a central place in the literature on Stoicism at the time, and shapes the understanding of Stoic thought that later generations were to have. Seneca's philosophical works played a large role in the revival of Stoic ideas in the Renaissance. Until today, many readers approach Stoic philosophy through Seneca, rather than through the more fragmentary evidence that we have for earlier Stoics. Seneca's writings are stunningly diverse in their generic range. More than that, Seneca develops further and shapes several philosophical genres, most important, the letter and so-called "consolations"; his essay On Mercy is considered the first example of what came to be known as the "mirror of the prince" literature.This 19th century classics edition contains the major works of Seneca. Letters from a StoicOn the Shortness of LifeAfter several centuries of relative neglect, Seneca's philosophy has been rediscovered in the last few decades, in what might be called a second revival of Senecan thought. In part, this renewed interest is the result of a general reappraisal of Roman culture. It is also fuelled by major progress that has been made in our understanding of Greek Hellenistic philosophy, and by recent developments in contemporary ethics, such as a renewed interest in the theory of emotions, roles and relationships, and the fellowship of all human beings. And finally, some influential scholars have found, in the wake of Foucault's reading of Seneca, that Seneca speaks to some distinctively modern concerns."

On the Shortness of Life is a moral essay written by Seneca the Younger in 49 AD, a Roman Stoic philosopher, to his father-in-law Paulinus. The philosopher brings up many Stoic principles on the nature of time, namely that men waste much of it in meaningless pursuits. According to the essay, nature gives man enough time to do what is really important and the individual must allot it properly. In general, time can be best used in the study of philosophy, according to Seneca.

The “H” in the H factor stands for “Honesty-Humility,” one of the six basic dimensions of the human personality. People who have high levels of H are sincere and modest; people who have low levels are deceitful and pretentious. It isn’t intuitively obvious that traits of honesty and humility go hand in hand, and until very recently the H factor hadn’t been recognized as a basic dimension of personality. But scientific evidence shows that traits of honesty and humility form a unified group of personality traits, separate from those of the other five groups identified several decades ago. This book, written by the discoverers of the H factor, explores the scientific findings that show the importance of this personality dimension in various aspects of people’s lives: their approaches to money, power, and sex; their inclination to commit crimes or obey the law; their attitudes about society, politics, and religion; and their choice of friends and spouse. Finally, the book provides ways of identifying people who are low in the H factor, as well as advice on how to raise one’s own level of H.

Seneca's Dialogues Ñ as his epistolary essays have traditionally been known Ñ capture the full range of the Roman thinker Õ s philosophical interests, in particular Stoicism and his unique interpretation of it. Seneca Õ s writings on subjects such as the shortness of life, anger, tranquility of mind, and consolations for grief on the loss of a loved one, are strikingly applicable to our modern world. The Complete Dialogues are collected here: On the Shortness of Life (De Brevitate Vitae), Of a Happy Life (De Vita Beata), Of Providence (De Providentia), On the Firmness of the Wise Man (De Constantia Sapientis), Of Anger (De Ira), Of Leisure (De Otio), Of Peace of Mind (De Tranquillitate Animi) and Of Clemency (De Clementia).

Think Like a Stoic

Dialogues and Letters

With an English Translation

On the Shortness of Life

On a Happy Life, On the Shortness of Life, and On Providence

The Stoic Philosophy of Seneca

The philosopher Paul Weiss once observed, "Philosophers let theories get in the way of what they and everyone else know." For many, the very word "philosophical" has become all but synonymous with "impractical". Yet whether we like it or not, almost every corner of our lives—from dissertation writing to channel surfing—brings us face to face with competing philosophies and world views, each claiming to tell us definitively what it means to be human. How can we know which one is right? And what difference does it make? To Robert McTeigue, S.J., it makes every difference in the world. Consciously or not, we all have a world view, and it decides how we live. In this book, McTeigue gives a funny and invigorating crash course in practical logic, metaphysics, anthropology, and ethics, equipping readers with a tool kit for breaking down and evaluating the thought systems—some good, some toxic—that swirl around us, and even within us. In McTeigue, classical philosophy finds a contemporary voice, accessible to the layman and engaging to the scholar. Real Philosophy for Real People is an answer to those philosophies that prize theory over truth, to any metaphysics that cannot account for itself, to anthropologies that are unworthy of the human person, and to ethical systems that reduce the great dignity and destiny of the human person. As the author insists, "A key test of any philosophy is: Can it be lived?" With Thomas Aquinas, this book teaches not only how to know the truth, but how to love it and to do it.

'Seneca the Younger wrote the moral essay De Brevitate Vitae--"On the Shortness of Life"--to his friend Paulinus. The philosopher brings up many Stoic principles on the nature of time, namely that men waste much of it in meaningless pursuits. According to the essay, nature gives man enough time to do what is really important and the individual must allot it properly. In general, time can be best used in the study of philosophy, according to Seneca.' - Excerpted from De Brevitate Vitae on Wikipedia, the free encyclopedia.

Lucius Annaeus Seneca is widely regarded as one of the most influential and inspirational moral writers within the Stoic tradition, or what many regard as the noble philosophy of pre-Christian Rome. Although the origins of Stoicism predate the works of Seneca by several centuries, it is his writings (along with those of Epictetus and Marcus Aurelius) that have made the virtue-centric doctrines of Stoicism as relevant today as they were when they were first written. In "Stoicism: A Practical Guide to the Select Works of Seneca", M. James Ziccardi presents in an easy to follow format the key passages and principal ideas that are put forward in six of Seneca's most important works: "On the Shortness of Life", "On Anger", "On the Happy Life", "On Peace of Mind", "On Benefits", and "On Clemency". Portions of this book have been extracted from M. James Ziccardi's "Roman Stoicism: Words to Live (and Die) By".

De Brevitate Vitae (English: On the Shortness of Life) is a moral essay written by Seneca the Younger, a Roman Stoic philosopher, sometime around the year 49 AD, to his father-in-law Paulinus. The essay argues that time is best used by living in the present moment in pursuit of the intentional, purposeful life. ??

An Ancient Guide to the End of Life

The Stoic: A biography of Seneca

Collection of Seneca : on the Shortness of Life and Letters from a Stoic

Meditations by Marcus Aurelius; The Shortness of Life by Seneca; Selected Discourses of Epictetus

On the Shortness of Life (Classic Wisdom Collection)

Lucius Annaeus Seneca the philosopher his booke of the shortness of life

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.

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.

Fabulous wealth, literary fame, exile, an amazing come back to the height of political power and a tragic ending - the life of Lucius Annaeus Seneca - aka Seneca the Younger or simply Seneca - is one of the great untold stories of Ancient Rome. In 'The Stoic, ' Francis Holland presents a riveting portrait of the prolific but mysterious Roman statesman and philosopher whose works - especially 'Letters from a Stoic, ' 'Dialogues' and 'On the Shortness of Life' - remain popular and vital two thousand years later. Modern followers of Stoicism, the immortal ancient philosophy so eloquently espoused by Seneca, will glean new insight into the influences and events that shaped the most famous Stoic's mind

An anthology of verse versions of Seneca from the Middle Ages to the present day, with a special concentration on Elizabethan verse drama.

Letters from a Stoic: All Three Volumes

Seneca

Fifty Letters of a Roman Stoic

The H Factor of Personality

Seneca in English

Seneca ... his book of the shortness of life

A beautiful daily journal to lead your journey in the art of living--and an instant WSJ bestseller! For more than two thousand years, Stoic philosophy has been the secret operating system of wise leaders, artists, athletes, brilliant thinkers, and ordinary citizens. With the acclaimed, bestselling books The Obstacle Is the Way, Ego Is the Enemy and The Daily Stoic, Ryan Holiday and Stephen Hanselman have helped to bring the Stoicism of Marcus Aurelius, Seneca, and Epictetus to hundreds of thousands of new readers all over the world. Now Holiday and Hanselman are back with The Daily Stoic Journal, a beautifully designed hardcover journal that features space for morning and evening notes, along with advice for integrating this ancient philosophy into our 21st century lives. Each week readers will discover a specific powerful Stoic practice, explained and presented with related quotations to inspire deeper reflection and application, and each day they will answer a powerful question to help gauge their progress. Created with a durable, Smyth-sewn binding and featuring a helpful introduction explaining the various Stoic tools of self-management, as well as resources for further reading, this is a lasting companion volume for people who already love The Daily Stoic and its popular daily emails and social media accounts. It can also be used as a stand-alone journal, even if you haven’t read the previous books. For anyone seeking inner peace, clarity, and effectiveness in our crazy world, this book will help them immensely for the next year—and for the rest of their lives.

On the Shortness of Life in English is a moral essay written by Seneca the Younger in 49 AD, a Roman Stoic philosopher, to his father-in-law Paulinus. The philosopher brings up many Stoic principles on the nature of time, namely that men waste much of it in meaningless pursuits. According to the essay, nature gives man enough time to do what is really important and the individual must allot it properly. In general, time can be best used in the study of philosophy, according to Seneca.The same title is also given to a different letter, number 49 in the Letters to Lucilius.

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.

On the Shortness of Life Seneca - On the Shortness of Life in English is a moral essay written by Seneca the Younger in 49 AD, a Roman Stoic philosopher, to his father-in-law Paulinus. The philosopher brings up many Stoic principles on the nature of time, namely that men waste much of it in meaningless pursuits. According to the essay, nature gives man enough time to do what is really important and the individual must allot it properly. In general, time can be best used in the study of philosophy, according to Seneca.

Tools for Truthful Living

Together with Select Epistles, Epigrammata, an Introduction

Life Is Long If You Know How to Use It

The Daily Stoic Journal

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

(Annotated)

De Vita Beata ("On the Happy Life") is a dialogue written by Seneca the Younger around the year 58 AD. It was intended for his older brother Gallio, to whom Seneca also dedicated his dialogue entitled De Ira ("On Anger"). 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 dialogue has the full title ad Gallionem de Vita Beata ("To Gallio on the happy life"). It was probably written in early 58 or a little earlier. From incidental remarks made in the work, it is thought Seneca wrote it when he was in a position of power near the beginning of Nero's reign between 54 and 59. Furthermore, Tacitus tells us that Publius Suillius Rufus had made a series of public attacks concerning Seneca's wealth in 58, and De Vita Beata contains a defense of wealth which may be a response to this or similar criticisms made around this time. The work ends rather abruptly and is followed in the manuscripts by Seneca's De Otio which is missing its beginning. The earliest surviving manuscript is from the Codex Ambrosianus, a Milan Codex, from the 11th century and other copies are derived from this archetype. De Brevitate Vitae (English: On the Shortness of Life) is a moral essay written by Seneca the Younger, a Roman Stoic philosopher, sometime around the year 49 AD, to his father-in-law Paulinus. The philosopher brings up many Stoic principles on the nature of time, namely that people waste much of it in meaningless pursuits. According to the essay, nature gives people enough time to do what is really important and the individual must allot it properly. In general, time is best used by living in the present moment in pursuit of the intentional, purposeful life. Similar ideas can be found in Seneca's treatise De Otio (On Leisure) and discussion of these themes can often be found in his Letters to Lucilius (letter 49, 101, etc.). De Providentia (On Providence) is a short essay in the form of a dialogue in six brief sections, written by the Latin philosopher Seneca (died AD 65) in the last years of his life. He chose the dialogue form (as in the well-known Plato's works) to d with the problem of the co-existence of the Stoic design of providence with the evil in the world-the so-called "problem of evil." The dialogue is opened by Lucilius complaining with his friend Seneca that adversities and misfortunes can happen to good men too. How can this fit with the goodness connected with the design of providence? Seneca answers according to the Stoic pe view. Nothing actually bad can happen to the good man (the wise man) because opposites don't mix. What looks like adversity is in fact a means by which the man exerts his virtues. As such, he can come out of the ordeal stronger than before. So, in perfect harmony with the Stoic philosophy, Seneca explains that the truly wise man can never surrender in the face of misfortune he will always go through them and even if he should fall he will continue fighting on his knees ("si cecidit de genu pugnat"). The wise man understands destiny and its design, and therefore he has nothing to fear from the future. Neither does he hope for anything, because he already has everything he needs - his good behaviour. The conclusion is that actually nothing bad happ good men. One just has to understand what bad means: bad for the wise man would be to have bad thoughts, to commit crimes, to desire money or fame. Whoever behaves wisely already has all the good possible.

Timeless wisdom on death and dying from the celebrated Stoic philosopher Seneca "It takes an entire lifetime to learn how to die," wrote the Roman Stoic philosopher Seneca (c. 4 BC–65 AD). He counseled readers to "study death always," and took his own advice, returning to the subject again and again in all his writings, yet he never treated it in a complete work. How to Die gathers in one volume, for the first time, Seneca's remarkable meditations on death and dying. Edited and translated by James S. Romm, How to Die reveals a provocative thinker and dazzling writer who speaks with a startling frankness about the need to accept death or even, under certain conditions, to seek it out. Seneca believed that life is only a journey toward death and th one must rehearse for death throughout life. Here, he tells us how to practice for death, how to die well, and how to understand the role of a good death in a good life. He stresses the universality of death, its importance as life's final rite of passage, and its ability to liberate us from pain, slavery, or political oppression. Featuring beautifully rendered new translations, How to Die a includes an enlightening introduction, notes, the original Latin texts, and an epilogue presenting Tacitus's description of Seneca's grim suicide.

De Brevitate Vitae (frequently referred to as On the Shortness of Life in English) is a moral essay written by Seneca the Younger, a Roman Stoic philosopher, to his father-in-law Paulinus. The philosopher brings up many Stoic principles on the nature of time, namely that men waste much of it in meaningless pursuits. According to the essay, nature gives man enough time to do is really important and the individual must allot it properly. In general, time can be best used in the study of philosophy, according to Seneca. This essay has been carefully adapted into a contemporary form to allow for easy reading.

"Life is long if you know how to use it." From the author of Letters From A Stoic (Epistulae Morales), comes another brilliant, timeless guide to living well. Written as a moral essay to his friend Paulinus, Seneca's biting words still pack a powerful punch two thousand years later. With its brash rejection of materialism, conventional lifestyles and group-think, On The Shortness of Life is as relevant as ever. Seneca anticipates the modern world. It's a unique expose of how people get caught up in the rat race and how for those stuck in this mindset, enough is never enough. The 'busy' individuals of Rome Seneca makes reference to, those people who are too preoccupied with their careers and maintaining social relationships to fully examine the quality of lives, sound a lot like ourselves. The message is simple: Life is long if you live it wisely. Don't waste time worrying about how you look. Don't be lazy. Don't over indulge in entertainment and vice. Everything in moderation. Seneca defends Nature and attacks the lazy. Materialism and a love of trivial knowledge are exposed as key time wasters, along with excess ambition, netwo and worrying too much. In this new non-verbatim translation by Damian Stevenson, Seneca's essay comes alive for the modern reader. Seneca's formality of language has been preserved but the wording is more attuned to a contemporary ear. This is a rare treat for students of Stoicism and for anyone interested in seeking an answer to the eternal question, "How should I best time?" Includes biographical sketch Seneca The Stoic.

All Three Volumes

Lucius Annaeus Seneca, the Philosopher, His Book of the Shortness of Life

Three Stoic Classics

Dialogues and Essays

Translated Into an English Poem

Treatises On Providence, On Tranquillity of Mind, On Shortness of Life, On Happy Life

Lucius Annaeus Seneca (4 BCE–65 CE) was a Roman Stoic philosopher, dramatist, statesman, and advisor to the emperor Nero, all during the Silver Age of Latin literature. The Complete Works of Lucius Annaeus Seneca is a fresh and compelling series of new English-language translations of his works in eight accessible volumes. Edited by Elizabeth Asmis, Shadi Bartsch, and Martha C. Nussbaum, this engaging collection helps restore Seneca—whose works have been highly praised by modern authors from Desiderius Erasmus to Ralph Waldo Emerson—to his rightful place among the classical writers most widely studied in the humanities. Hardship and Happiness collects a range of essays intended to instruct, from consolations—works that offer comfort to someone who has suffered a personal loss—to pieces on how to achieve happiness or tranquility in the face of a difficult world. Expertly translated, the essays will be read and used by undergraduate philosophy students and experienced scholars alike.

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 Classic Wisdom Collection is a library of ancient philosophical texts that have been re-worked as a labor of love into high-quality books with gold foiled edges, clean, easy to reference page design, and beautiful cover design and feel.The second book in the collection is On The Shortness of Life and The Morals of Seneca by Lucius Annaeus Seneca.Seneca was a tutor and advisor to the Roman Emperor Nero. Seneca's philosophical works played a large role in the revival of Stoic ideas in the Renaissance and becoming more relevant in modern-day society.On the Shortness of Life is a moral essay written by Seneca around 49 AD, to his father-in-law Paulinus. He brings up many stoic principles on the nature of time, mainly that people waste much of it in meaningless pursuits.The Morals of Seneca is a collection of writings in which Seneca examines what makes a happy life, the benefits of gratitude, and the effects of anger. His words remain timeless and relevant, though they were first written over 2000 years ago.

De Brevitate Vitae (English: On the Shortness of Life) is a moral essay written by Seneca the Younger, a Roman Stoic philosopher, sometime around the year 49 AD, to his father-in-law Paulinus. The philosopher brings up many Stoic principles on the nature of time, namely that people waste much of it in meaningless pursuits. According to the essay, nature gives people enough time to do what is really important and the individual must allot it properly. In general, time is best used by living in the present moment in pursuit of the intentional, purposeful life. Similar ideas can be found in Seneca's treatise De Otio (On Leisure) and discussion of these themes can often be found in his Letters to Lucilius In chapter 1 Seneca counters the complaint that life is too short with the view that life is long enough if well-managed. Chapters 2 to 9 survey the many ways in which life is squandered and time frittered away by those people (occupati) engrossed in pointless pursuits. Chapters 10 to 17 contrast the philosophical approach to leisure (otium) with the deluded common approach. This culminates in chapters 18 to 20 showing the emancipation of the wise, who can soar above the lives of others mired in endless preoccupation

Collection of Seneca

How to Die

On Providence, on Tranquility of Mind, on Shortness of Life, on Happy Life - Scholar's Choice Edition

Real Philosophy for Real People

Hardship and Happiness

Treatises

Seneca is a major philosophical figure of the Roman Imperial Period. As a Stoic philosopher writing in Latin, Seneca makes a lasting contribution to Stoicism. He occupies a central place in the literature on Stoicism at the time, and shapes the understanding of Stoic thought that later generations were to have. Seneca's philosophical works played a large role in the revival of Stoic ideas in the Renaissance. Until today, many readers approach Stoic philosophy through Seneca, rather than through the more fragmentary evidence that we have for earlier Stoics. Seneca's writings are stunningly diverse in their generic range. More than that, Seneca develops further and shapes several philosophical genres, most important, the letter and so-called "consolations"; his essay On Mercy is considered the first example of what came to be known as the "mirror of the prince" literature. This 19th century classics edition contains the major works of Seneca. Letters from a Stoic On the Shortness of Life After several centuries of relative neglect, Seneca's philosophy has been rediscovered in the last few decades, in what might be called a second revival of Senecan thought. In part, this renewed interest is the result of a general reappraisal of Roman culture. It is also fuelled by major progress that has been made in our understanding of Greek Hellenistic philosophy, and by recent developments in contemporary ethics, such as a renewed interest in the theory of emotions, roles and relationships, and the fellowship of all human beings. And finally, some influential scholars have found, in the wake of Foucault's reading of Seneca, that Seneca speaks to some distinctively modern concerns."

Ad Lucilium Epistulae Morales,

On the Shortness of Life by Seneca

366 Days of Writing and Reflection on the Art of Living

Why Some People are Manipulative, Self-Entitled, Materialistic, and Exploitive—And Why It Matters for Everyone

On the Shortness of Life Illustrated by Seneca

Lucius Annæus Seneca, the Philosopher: His Book of the Shortness of Life. Translated Into an English Poem [by R.F., I.e. Sir Ralph Freeman] ... The Second Edition