



Letters from a Stoic

Seneca

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Letters from a Stoic Seneca

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 through 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.

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