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Marcus Aurelius wrote the 12 books of the Meditations in Koine Greek as a source for his own guidance and self-improvement. It is possible that large portions of the work were written at Sirmium, where he spent much time planning military campaigns from 170 to 180.

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Marcus Aurelius (ruled 161–180) succeeded the deified Antoninus and more than honoured Hadrian's intentions by immediately co-opting Lucius Verus as his full co-emperor. Because Verus' competence was unproved, this excess of zeal was imprudent. Fortunately, Verus left decision making to Marcus. Marcus' action was also...

~~Marcus Aurelius – The Meditations | Britannica~~

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Marcus Aurelius, Emperor of Rome, 121–180. [Meditations.

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Marcus Aurelius Antoninus (/ ? ? ? r i ? l i ? s / ?-REE-lee-?s; 26 April 121 – 17 March 180) was Roman emperor from 161 to 180 and a Stoic philosopher. He was the last of the rulers known as the Five Good Emperors (a term coined some 13 centuries later by Niccolò Machiavelli), and the last emperor of the Pax Romana, an age of relative peace and stability for the Roman Empire.

~~Marcus Aurelius—Wikipedia~~

Marcus Aurelius tells us that we instead need to focus on our own thoughts, attitude, and action because that is the most powerful way to move our life forward. Let's always be very clear about our perception or judgment of our life goals so we can go after things that truly matter. 4) Others' Opinion vs.

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Marcus Aurelius is said to have been fond of quoting Plato's dictum, and those who have written about him have rarely been able to resist applying it to Marcus himself.

Meditations is a series of personal writings by Marcus Aurelius, Roman Emperor from 161 to 180 AD, recording his private notes to himself and ideas on Stoic philosophy

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,

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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 overcoming the fear of death, and resigning oneself to the insignificance of man in the universe. The Meditations are divided into twelve books. Each book contains anywhere from 16 to 75 numbered paragraphs, ranging in length from a sentence to a page. The paragraphs are arranged without regard to sequence or subject matter. This haphazard method of compilation is really the book's only flaw. What the Meditations has always needed is a good index, but I've never found a volume that has one. It is a pleasure to publish this new, high quality, and affordable edition of this timeless book.

Written in Greek without any intention of publication, this book offers spiritual reflections and exercises developed by the author, as the leader who struggled to understand himself and make sense of the universe. It covers topics such as: the question of virtue, human rationality, the nature of the gods, and Aurelius's own emotions.

As seen through the writings of Roman emperor Marcus Aurelius, the Stoic approach to life is surprisingly rich, nuanced, clear-eyed and friendly. Offers startlingly modern psychological and spiritual insight from the emperor's personal journal entries."

Meditations is a series of personal writings by Marcus Aurelius, Roman Emperor from 161 to 180 AD, recording his private notes to himself and ideas on Stoic philosophy. Marcus Aurelius wrote the

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12 books of the Meditations as a source for his own guidance and self-improvement. These books have been carefully adapted into a contemporary form to allow for easy reading.

With ancient wisdom that is as relevant in modern times as it was then, Meditations is one of the greatest works of Greek and philosophical literature. Written in Greek by an intellectual Roman emperor without any intention of publication, this book gives an insight into the inner life and philosophy of the last of the 'Five Good Emperors,' Marcus Aurelius. It covers such diverse topics as the question of virtue, human rationality, the nature of the gods and the values of leadership. These writings take the form of quotations varying in length from one sentence to long paragraphs.

Nearly two thousand years after it was written, Meditations remains profoundly relevant for anyone seeking to lead a meaningful life. Few ancient works have been as influential as the Meditations of Marcus Aurelius, philosopher and emperor of Rome (A.D. 161–180). A series of spiritual exercises filled with wisdom, practical guidance, and profound understanding of human behavior, it remains one of the greatest works of spiritual and ethical reflection ever written. Marcus's insights and advice—on everything from living in the world to coping with adversity and interacting with others—have made the Meditations required reading for statesmen and philosophers alike, while generations of ordinary readers have responded to the straightforward intimacy of his style. For anyone who struggles to reconcile the demands of leadership with a concern for personal integrity and spiritual well-being, the Meditations remains as relevant now as it was two thousand years ago. In Gregory Hays's new translation—the first in thirty-five years—Marcus's thoughts speak with a new immediacy. In fresh and unencumbered English, Hays vividly conveys the sparseness and compression of the original Greek text. Never before have Marcus's insights been so directly and powerfully presented. With

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an Introduction that outlines Marcus's life and career, the essentials of Stoic doctrine, the style and construction of the Meditations, and the work's ongoing influence, this edition makes it possible to fully rediscover the thoughts of one of the most enlightened and intelligent leaders of any era.

A great edition of a timeless classic. The translation is clear and the introduction is informative. A great read, for philosophers and non-philosophers alike. This Roman Stoic hands down the day-to-day principles on which an all-powerful Emperor ruled for the welfare of the people.

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.

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