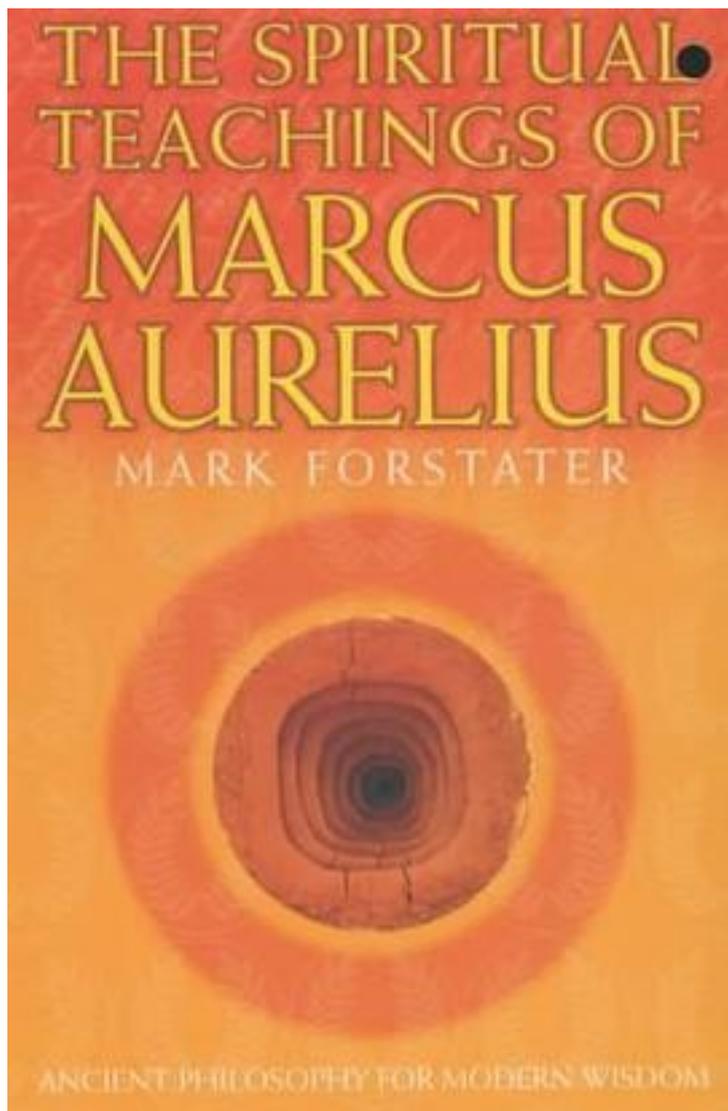


The Spiritual Teachings of Marcus Aurelius



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著者:Forstater, Mark

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Written as a personal diary for spiritual development, Marcus Aurelius's "meditations" were not meant for publication nor posterity, yet the Roman emperor and Stoic philosopher has provided inspiration and guidance for more than eighteen centuries. Now, after nearly two thousand years, Mark Forster has adapted the ideas and principles relevant to the Roman world of the second century and has made them accessible to the twenty-first-century reader.

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