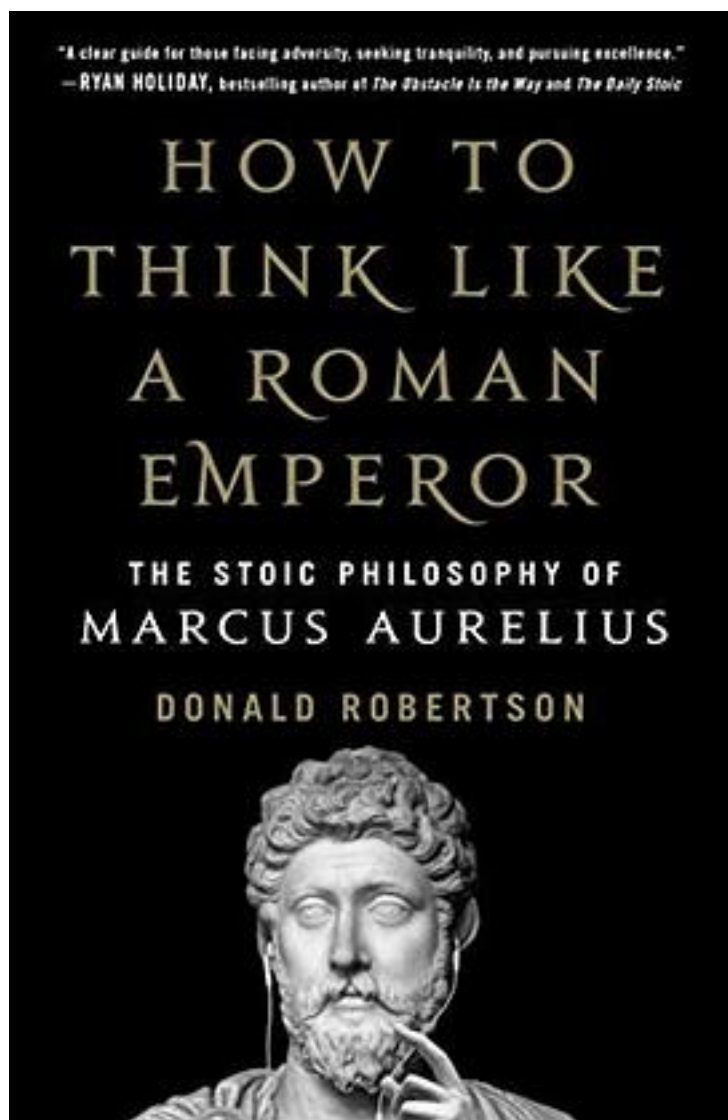


How to Think Like a Roman Emperor



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著者:Donald Robertson

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Roman emperor Marcus Aurelius was the last famous Stoic philosopher of the ancient world. The *Meditations*, his personal journal, survives to this day as one of the most loved self-help and spiritual classics of all time. In *How to Think Like a Roman Emperor*, cognitive psychotherapist Donald Robertson weaves the life and philosophy of Marcus Aurelius together seamlessly to provide a compelling modern-day guide to the Stoic wisdom followed by countless individuals throughout the centuries as a path to achieving greater fulfillment and emotional resilience.

How to Think Like a Roman Emperor takes readers on a transformative journey along with Marcus, following his progress from a young noble at the court of Hadrian—taken under the wing of some of the finest philosophers of his day—through to his reign as emperor of Rome at the height of its power. Robertson shows how Marcus used philosophical doctrines and therapeutic practices to build emotional resilience and endure tremendous adversity, and guides readers through applying the same methods to their own lives.

Combining remarkable stories from Marcus' s life with insights from modern psychology and the enduring wisdom of his philosophy, *How to Think Like a Roman Emperor* puts a human face on Stoicism and offers a timeless and essential guide to handling the ethical and psychological challenges we face today.

作者介绍:

Donald Robertson is a cognitive-behavioral psychotherapist, trainer, and writer. He was born in Ayrshire, Scotland, and after living in England and working in London for many years, he emigrated to Canada where he now lives. Robertson has been researching Stoicism and applying it in his work for twenty years. He is one of the founding members of the non-profit organization Modern Stoicism.

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评论

强烈推荐这本书，思想深刻，可操作性强，行为逻辑性性很强，读起来非常顺畅。不过，读这本书只需要一阵子，修这门课需要一辈子！

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