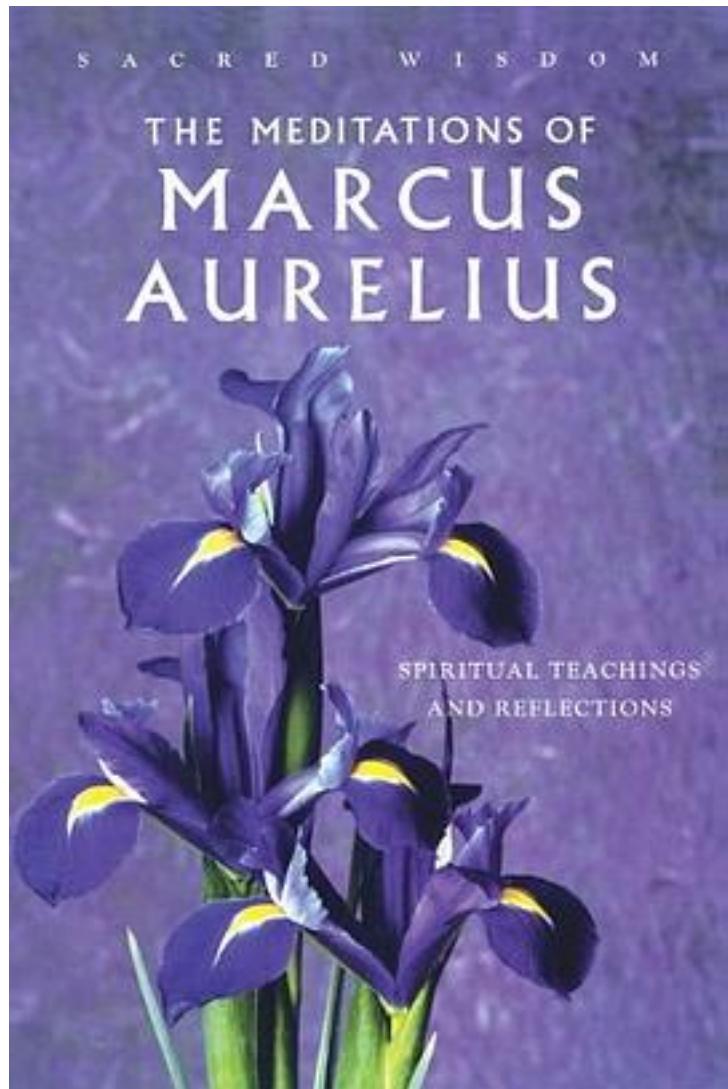


The Meditations of Marcus Aurelius



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Stoicism is often portrayed as a cheerless, stiff-upper-lip philosophy of suffering and doom. Yet as experienced through the thoughtful and penetrating writings of Roman emperor Marcus Aurelius (121-180 CE), the stoic approach to life is surprisingly rich, nuanced, clear-eyed, and friendly. With facing-page commentary that explains the texts for you, Russell McNeil guides you through key passages from Aurelius's *Meditations*, comprised of the emperor's collected personal journal entries, to uncover the startlingly modern relevance his words have today. From devotion to family and duty to country, to a near-prophetic view of the natural world that aligns with modern physics, Aurelius's words speak as potently today as they did two centuries ago. Topics include: Living life with openness and integrity Understanding the physical nature of the universe Maintaining the health of the earth's environment Skillfully governing our lives, families, business, and nations

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