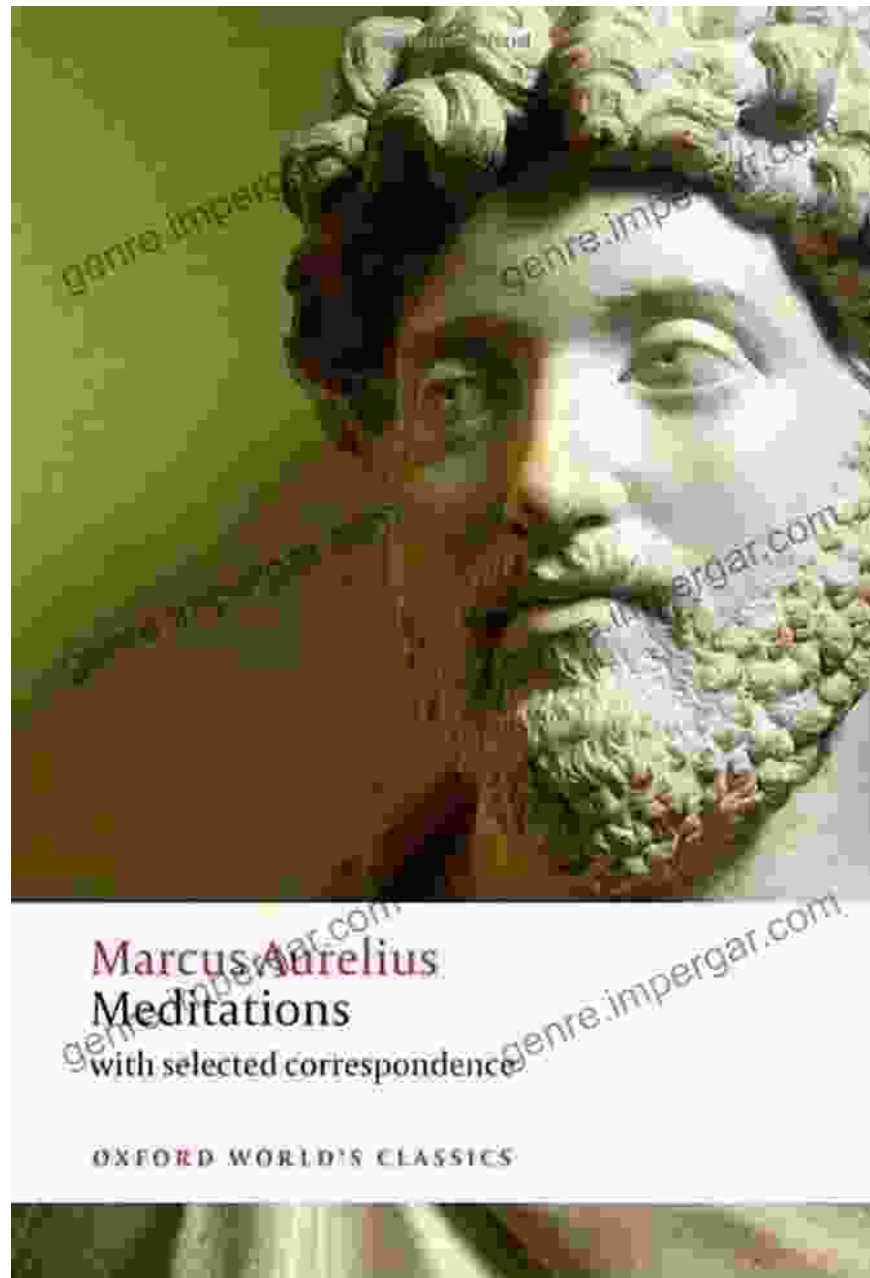


# Meditations with Selected Correspondence: A Path to Inner Peace



**Meditations: with selected correspondence (Oxford World's Classics)** by Linda Elder

★★★★☆ 4.7 out of 5

Language : English



File size	: 2182 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 613 pages
Lending	: Enabled



## An to Marcus Aurelius and Stoicism

Marcus Aurelius was the last of the "Five Good Emperors" of the Roman Empire, ruling from 161 to 180 AD. Despite his immense power and responsibility, Aurelius was deeply committed to Stoic philosophy, a school of thought that emphasized living in accordance with nature and reason. Stoics believed that external events were beyond our control, but that we could find inner peace by controlling our own thoughts and actions.

### Exploring 'Meditations'

Aurelius's 'Meditations' is a collection of personal writings and reflections. These writings were not intended for publication, but rather as a private journal for his own self-improvement. However, they have become one of the most beloved and influential works of philosophy ever written.

In 'Meditations,' Aurelius explores a wide range of topics, including:

- The nature of the universe and the human condition
- The importance of virtue and living in accordance with nature
- How to deal with adversity and find inner peace

- The brevity of life and the importance of living each day to the fullest

## **Selected Correspondence**

In addition to 'Meditations,' this edition also includes a selection of Aurelius's letters. These letters provide valuable insights into his personal life and his relationships with family, friends, and colleagues. They also shed light on the political and social challenges he faced as emperor.

## **The Benefits of Reading 'Meditations with Selected Correspondence'**

Reading 'Meditations with Selected Correspondence' offers numerous benefits, including:

- Gaining a deeper understanding of Stoic philosophy and its relevance to modern life
- Developing tools for coping with stress, anxiety, and adversity
- Finding inspiration and guidance for living a virtuous and meaningful life
- Connecting with the wisdom of one of history's greatest leaders and philosophers

'Meditations with Selected Correspondence' is an invaluable resource for anyone seeking to find inner peace and live a more fulfilling life. Marcus Aurelius's timeless wisdom and insights continue to resonate with readers today, offering guidance and inspiration for navigating the challenges of life with resilience and purpose. Whether you are a seasoned philosopher or simply curious about Stoicism, this book is a must-read.

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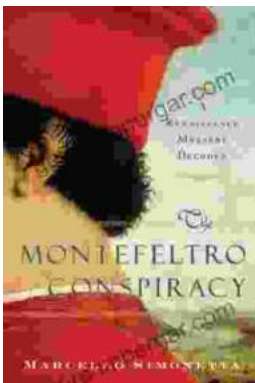
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