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Massimo~~

Pigliucci

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~~Your Anger~~

~~(Stoicism) The~~

Stoic Philosophy

Of Seneca

5 Lessons from

Seneca, the

Stoic

Philosopher. 1.

Find yourself a

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mentor. Seneca
believed that we
should learn

from people who
we admire and
look up to. He
wrote, "Choose
someone whose
way of life ...

2. Don't equate
your self-worth
with material
success. 3.

Don't let your

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5 Lessons from
Seneca, the
Stoic
Philosopher |
Leaderonomics
Lucilius asks
for a
breviarium, that
is, a summary of
the philosophy,
but Seneca sends

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him a sumarium,
that is, a list
of authors that
he must read in
its entirety.

The core of the
stoic philosophy
is not about
learning
theories, but
about a desire
to imitate the
good
philosophers.

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The desire is
fundamental to
this letter:
And Letters

The Stoic
Letters - The
Stoic philosophy
of Seneca ...
Regardless of
the bleak rigor
that Stoic
philosophy
itself often
embraces,

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Seneca's essays and letters are engaging and thought-provoking.

His training in rhetoric is evident, and he is a master of pithy, quotable lines.

The Stoic
Philosophy of
Seneca: Essays

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and Letters by
Seneca
Seneca Essays

Seneca's
And Letters
exposure to the
philosophy came
from Attalus, a
Stoic
philosopher who
was Seneca's
early teacher.
Seneca was also
an admirer of
Cato, whose name
appears

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regularly in his
writing.

Nonetheless,
Seneca didn't

confine himself
only to

Stoicism—he
borrowed

liberally from
other schools,

as we see him
citing Epicurus

in several

instances. After

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his death Seneca
was an influence
on notable
figures such as
Erasmus, Francis
Bacon, Pascal,
Montaigne down
to modern days
as we are seeing
...

Who Is Seneca?
Inside The Mind
of The World ...

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Philosophy Of
Seneca The
Younger was a
Roman Stoic

philosopher who
lived between 4
BCE and 65 CE.
Born in Spain,
Seneca moved up
the political
hierarchy in
Rome to become a
popular
statesman.

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Seneca's life.
Seneca moved to Rome as a young boy where he was educated in philosophy and trained as an orator. At the age of 31, Seneca began his career in politics.

Great

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Philosophers: Of
Seneca the
Younger -
Bringing you ...

Seneca. 1. Life
and Works.

Lucius Annaeus
Seneca (c. 1 BCE
- CE 65) was
born in Corduba
(Spain) and
educated—in
rhetoric and
philosophy—in

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Rome. Seneca had

a 2.
Seneca's

Stoicism. 3.

Philosophical

Psychology. 4.

Virtue. 5.

Physics and

Theology.

Seneca (Stanford

Encyclopedia of

Philosophy)

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Lucius Annaeus
Seneca (/ ' s ε
n ɪ k ə /; c. 4
BC - AD 65),

also known as
Seneca the
Younger, was a
Hispano-Roman
Stoic
philosopher,
statesman,
dramatist,
and-in one
work-satirist

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Philosophy Of
from the Silver
Age of Latin
Seneca Essays
literature..

And Letters
Seneca was born
in Cordoba in
Hispania, and
raised in Rome,
where he was
trained in
rhetoric and
philosophy. His
father was
Seneca the
Elder, his elder

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brother was . . .

Philosophy Of Seneca Essays And Letters

Seneca the
Younger -

Wikipedia

For Seneca and
the Stoics, the
only life worth
living is one of
moral rectitude,
the sort of
existence we
look back to at
the end and can

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Philosophy Of
Seneca Essays
And Letters

honestly say we
are not ashamed
of. That said,
and contrary to
popular lore,
the Stoics
weren't
killjoys.
Indeed, in his
essay 'On
Tranquillity of
Mind', Seneca
himself wrote:

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Massimo
Pigliucci on
Seneca's Stoic
philosophy of

...

The Stoics are
one of five
major
philosophical
schools in
classical Greece
and Rome:
Platonist,
Aristotelian,

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Stoic, Epicurean, and
Skeptic. The
philosophers who
followed
Aristotle
(384-322 BCE)
were also known
as the
Peripatetics,
named for their
habit of walking
around the
colonnades of

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Stoics and Moral
Philosophy - The
8 Principles of
Stoicism

Get the book: <http://amzn.to/2cKeG6J> (affiliate link) In this video we dive into the wisdom contained in the

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Stoic Seneca's
classic work,
Letters from a
Stoic. =...

Stoicism:
Letters from a
Stoic and the
Wisdom of Seneca

...
Stoicism is a
school of
Hellenistic
philosophy

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Philosophy Of
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And Letters

founded by Zeno
of Citium in
Athens in the
early 3rd
century BC. It
is a philosophy
of personal
ethics informed
by its system of
logic and its
views on the
natural world.
According to its
teachings, as

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social beings,
the path to
eudaimonia
(happiness, or
blessedness) is
found in
accepting the
moment as it
presents itself,
by not allowing
oneself ...

Stoicism -

Wikipedia

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In The Stoic
Philosophy Of
Seneca Essays
And Letters
representative
selections from
Seneca's
writings offer
the reader an
excellent
introduction to
the range of his
work.

The Stoic

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Philosophy of Seneca: Essays and Letters of And Letters

Seneca was a stoic as well, but like Marcus, he was practical and borrowed liberally from other schools. As he quipped to a friend, “I don't care about

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the author if
the line is
good." That is
the ethos of
practical
philosophy—it
doesn't matter
from whom or
when it came
from, what
matters if it
helps you in
your life, if
only for a

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second.

The Stoic
Reading List: 3

Must-Read Books
To Get You
Started

– Seneca, The
Stoic Philosophy
of Seneca:

Essays and
Letters. tags:
consciousness,
dissociation,

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mind, stoicism,
transcendence,
Seneca Essays
zen. 500 likes.
And Letters
Like

“Complaining
does not work as
a strategy. We
all have finite
time and energy.
Any time we
spend whining is
unlikely to help
us achieve our
goals.

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Philosophy Of

Stoicism Quotes
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Seneca was a prominent Roman philosopher and playwright who published several essential works about Stoicism. He is considered one of the three

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key Stoic
philosophers
Seneca Essays
(alongside
And Letters
Marcus Aurelius
and Epictetus),
counseled
Emperor Nero,
and is often
credited with
rendering
Stoicism more
accessible to a
larger audience
than his

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counterparts. Of

Seneca Essays

Letters From a
Stoic by Seneca:

Book Summary,

Key Lessons ...

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Seneca, Lucius

Annaeus, Hadas,

Moses (ISBN:

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How the Stoics
can help us
tackle anxiety,

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fury and loss of
perspective –
and realise that
very little is
needed to make a
happy life. If
you like our
films, ...

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