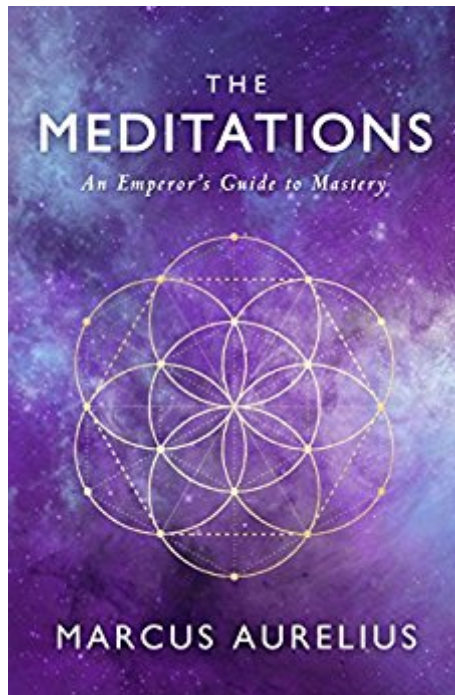


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# The Meditations: An Emperor's Guide To Mastery (Stoic Philosophy Book 2)



## Synopsis

How to think clearly, act purposefully, overcome any obstacle, and find peace & happiness along the way.Â Marcus AureliusÂ (121-180 CE) was one of the few true philosopher-kings in history. His father died when Marcus was three. At age fifteen, he was adopted by his aunt's husband, the future Emperor Antoninus Pius, putting him in the line of succession. At forty, he became a reluctant emperor of the Roman Empire.Â Marcus was conflicted because the demands of being emperor--on top of the temptations of wealth and power--seemed incompatible with his true ambition: to be a humble student of philosophy.Â Over time, though, he worked out a practical philosophy that kept him grounded amidst the stresses and excesses of palace life. That's why his philosophy is so relevant to us today, in the modern world.Â Â How did he fare as emperor? During his twenty years of service, Marcus earned the love of the people and the loyalty of the senate. Later historians called him "the last of the five good emperors."Â In spare moments, Marcus wrote the journal entries collected inÂ TheÂ Meditations. They were not intended for publication, but to remind Marcus himself of his principles and priorities.Â As a result, they are intimate, direct, and extremely useful.Â This new edition ofÂ The MeditationsÂ is an interpretive paraphrase in contemporary English, with a foreword, by Sam Torode. A companion volume,Â The Manual: A Philosopher's Guide to Life, is also available from Ancient Renewal. The Kindle e-book is FREE with purchase of the paperback, through Matchbook.Â

## Book Information

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## Customer Reviews

fascinating and interesting!

Awesome read. Taught me a lot about how to operate in my day to day. I feel more at ease with myself and my situation since beginning this book. The world would be a better place if everyone read just a few passages. There are a few typos and odd wordings throughout the translation, but it's great overall! I hope you decide to look into this piece and read it thoroughly with plenty of time to take it in between chapters.

Really enjoyed reading this. Reminds me in some places of the Tao Te Ching.

Worth it for Book 2

Like how it's cliff notes to the original. In my opinion I highly Recommended for ppl with anger issues and definitely THE book for the calm minded.

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