

Get Free The Essential Marcus Aurelius

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“You have power over your mind - not outside events. Realize this, and you will find strength. The happiness of your life depends upon the quality of your thoughts.”

Stoic Six Pack brings together the six essential texts of Stoic Philosophy: Meditations by Marcus Aurelius, The Golden Sayings of Epictetus, Fragments of Epictetus, Discourses of Epictetus, Seneca's Letters from a Stoic: Epistulae Morales AD Lucilium and The Enchiridion of Epictetus. In addition to these six master texts, there is also: a biography of Marcus Aurelius. For students of Stoicism, there is the convenience of having all six texts in one searchable volume. People new to the ideas of Zeno, Seneca, Aurelius et al could ask for no better introduction than this awesome anthology. “In the last three years, I've begun to explore one philosophical system in particular: Stoicism. I've found it to be a simple and immensely practical set of rules for better results with less effort.” (Timothy Ferriss, author of Four Hour Workweek.)

A new translation of the philosophical journey that has inspired luminaries from Matthew Arnold to Bill Clinton in a beautiful hardcover gift edition, with a cover designed by Coralie Bickford-Smith World-changing ideas meet eye-catching design: the best titles of the extraordinarily successful Great Ideas series are now packaged in Coralie Bickford-Smith’s distinctive, award-winning covers. Whether on a well-curated shelf or in your back

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pocket, these timeless works of philosophical, political, and psychological thought are absolute must-haves for book collectors as well as design enthusiasts. Written in Greek by an intellectual Roman emperor without any intention of publication, the Meditations of Marcus Aurelius offer a wide range of fascinating spiritual reflections and exercises developed as the leader struggled to understand himself and make sense of the universe. Spanning from doubt and despair to conviction and exaltation, they cover such diverse topics as the question of virtue, human rationality, the nature of the gods and the values of leadership. But while the Meditations were composed to provide personal consolation, in developing his beliefs Marcus also created one of the greatest of all works of philosophy: a series of wise and practical aphorisms that have been consulted and admired by statesmen, thinkers and ordinary readers for almost two thousand years. To provide a full understanding of Aurelius's seminal work, this edition includes explanatory notes, a general index, an index of quotations, an index of names, and an introduction by Diskin Clay putting the work in its biographical, historical, and literary context, a chronology of Marcus Aurelius's life and career. For more than seventy years, Penguin has been the leading publisher of classic literature in the English-speaking world. With more than 1,700 titles, Penguin Classics represents a global bookshelf of the best works throughout history and across genres and disciplines. Readers trust the series to provide authoritative texts enhanced by introductions and notes by distinguished scholars and contemporary

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authors, as well as up-to-date translations by award-winning translators.

Stoic Six Pack brings together the six essential texts of Stoic Philosophy: Meditations by Marcus Aurelius, The Golden Sayings of Epictetus, Fragments of Epictetus, Selected Discourses of Epictetus, Seneca's Letters from a Stoic and The Enchiridion of Epictetus.

This inaugural-and all new-Tarcher Cornerstone Edition presents a stunningly relevant and reliable translation of the thoughts and aphorisms of the Stoic philosopher and Roman emperor Marcus Aurelius, properly placing the philosopher-king's writings within the vein of the world's great religious and ethical traditions. The late antique world possessed no voice like that of Roman emperor Marcus Aurelius (121-180 CE). His private meditations on what constitutes a good life have withstood the centuries and reach us today with the same penetrating clarity and shining light as the words of Shakespeare, Emerson, or Thoreau. In this remarkable new translation, bestselling religious philosopher Jacob Needleman and classics scholar John P. Piazza have retained the depth of Marcus's perspective on life. They have carefully selected and faithfully rendered those passages that clarify Marcus's role as someone who stood within the great religious and ethical traditions that extend throughout every culture in human history. The voice that emerges from their translation is a universal one, equally recognizable to students of Christ, Buddha, the Vedas, the Talmud, and to anyone who sincerely searches for a way of meaning in contemporary life.

Marcus Aurelius, famous Stoic and Roman emperor,

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made a point of sitting down every day to journal his thoughts and reflections on life. These thoughts have survived in the form of his 'Meditations,' inspirational notes on his Stoic approach. He found journaling to be invaluable when it came to coping with ruling an Empire. Today, many people are turning to this ancient philosophy to help them deal with the stresses and strains of modern living. With life becoming ever more frenetic and fast paced, it can be difficult to find inner peace and equilibrium. This is where Stoicism can help. It is a philosophy that encourages adherents to focus on what they can control and not worry about what they cannot. In turning your attention to your inner state and observing your emotions and reactions, you can develop greater emotional harmony and the ability to cope with everything life throws at you. Created by Jason Hemlock, author of *Stoicism: How to Use Stoic Philosophy to Find Inner Peace and Happiness*, this journal has been designed to make it easier for you to bring Stoicism into your daily life. It can be difficult to remember to be Stoic when times get tough. This journal will help you be more Stoic and support you on your Stoic journey. Over the course of 60 days, you'll discover:

- Inspirational quotes by Marcus Aurelius to start your day
- Morning journaling prompts to support you in developing a Stoic attitude
- Daily exercises to bring Stoic practices to life
- Evening journaling prompts to track the difference Stoicism is making to your life

Developing new habits take time and it can be easy to get discouraged if you think you're not making any progress. Journaling helps you see the improvements you've made, giving you the

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best quotes from: Seneca, Zeno of Citium, Chrysippus, Quintus Sextus, Cicero, and the Emperor Marcus Aurelius. True Power Books aims to provide a curated collection of history's most important writings in regards to the love of knowledge and personal growth, presented clearly and without editorial additions, in the form of beautiful books worthy of display. To see the full collection, Amazon search: [truepowerbooks](#)

This book contains every useful quote from all of the great minds of Stoicism. We have read, sorted, and edited so you don't have to. The Stoic Philosophy has comforted and guided countless people through the ages who have been fortunate enough to learn from the insights of its teachers. The Stoic writings nurture the development of: an enduring demeanor, strength of will, and a desire to live in harmony with the cosmos. Many of history's greatest thinkers and leaders have credited the Stoic wisdoms with providing priceless guidance personally and professionally. Only a small number of Stoic writings have survived from ancient times with history leaving us just a handful of the most popular texts and vital quotations. This copy of "Essential Stoic Philosophy" contains only the most useful selections from the greatest thinkers of Stoicism. Including: the complete "Enchiridion (Manual)" of Epictetus, excerpts from his additional writings, and a comprehensive collection of the very best quotes from: Seneca,

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Zeno of Citium, Chrysippus, Quintus Sextus, Cicero, and the Emperor Marcus Aurelius. True Power Books aims to provide a curated collection of history's most important writings in regards to the love of knowledge and personal growth, presented clearly and without editorial additions, in the form of beautiful books worthy of display. To see the full collection, Amazon search: truepowerbooks

Do you want to be the best version of yourself? Be honest. Have you ever had that feeling of emptiness that is created when you feel powerless after failing again and again in achieving the goals that you set? And maybe you also asked yourself "What's wrong with me?", "Why don't I get results at work, in the gym or in life in general?", "Why is that guy successful and I'm not?" If you have asked yourself these questions at least once in your life... I know exactly how you feel, you are not the only one who has thought about this. Believe me, I tell you that I spent the nights wondering what I was doing wrong, if my life was doomed to failure and if only a few people had the "luck" to get incredible results both in terms of money and in terms of relationships with others. Then one day I knew what I had to do... "What if the things don't have to change, but I AM THE ONE WHO NEEDS TO CHANGE instead?" This thought emerged in me like a flooding river, and overwhelmed me with its strength as I was reading a book called "Meditations" by an emperor and stoic

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philosopher called Marcus Aurelius, who revealed to me this simple but INCREDIBLE secret: TO BE SUCCESSFUL IN LIFE, IT IS ESSENTIAL TO MASTER YOURSELF AND BE ABLE TO CONTROL YOUR EMOTIONS. Now everything was clear! Too many times I had made wrong choices because of my impulsiveness, too many times I let myself be conditioned by others, by their judgments, eclipsing myself. But how did I manage to get more money, more friends and more peace of mind by applying stoicism to my life? Well, sit down, because in this book I'll explain: -How to fight your damaging emotions to get peace of mind regardless of what happens to you -The number one stoic method to develop your self-control and become an authority -The infallible steps to develop a daily routine to accomplish all your goals -How to handle people and develop magnetic empathy -How to bring harmony to your life and the life of other people by getting rid of stress and anxiety -How to apply the precepts of stoic philosophy to modern life with practical and immediate exercises -And much more!! I've spent the last 5 years experimenting the principles you'll find in this book and believe me when I tell you that I've tried them all. That's why I offer you a CONCENTRATED, EXTREMELY PRACTICAL and SIMPLIFIED guide to help you in the best possible way to take control of yourself and become the person you've always wanted to be. If you are

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about the man's wit and wisdom from his very own words.

The Meditations of Marcus Aurelius are treasured today--as they have been over the centuries--as an inexhaustible source of wisdom. And as one of the three most important expressions of Stoicism, this is an essential text for everyone interested in ancient religion and philosophy. Yet the clarity and ease of the work's style are deceptive. Pierre Hadot, eminent historian of ancient thought, uncovers new levels of meaning and expands our understanding of its underlying philosophy. Written by the Roman emperor for his own private guidance and self-admonition, the Meditations set forth principles for living a good and just life. Hadot probes Marcus Aurelius's guidelines and convictions and discerns the hitherto unperceived conceptual system that grounds them. Abundantly quoting the Meditations to illustrate his analysis, the author allows Marcus Aurelius to speak directly to the reader. And Hadot unfolds for us the philosophical context of the Meditations, commenting on the philosophers Marcus Aurelius read and giving special attention to the teachings of Epictetus, whose disciple he was. The soul, the guiding principle within us, is in Marcus Aurelius's Stoic philosophy an inviolable stronghold of freedom, the "inner citadel." This spirited and engaging study of his thought offers a fresh picture of the fascinating philosopher-emperor, a fuller

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understanding of the tradition and doctrines of Stoicism, and rich insight on the culture of the Roman empire in the second century. Pierre Hadot has been working on Marcus Aurelius for more than twenty years; in this book he distills his analysis and conclusions with extraordinary lucidity for the general reader.

Written in Greek without any intention of publication, this book offers spiritual reflections and exercises developed by the author, as the leader who struggled to understand himself and make sense of the universe. It covers topics such as: the question of virtue, human rationality, the nature of the gods, and Aurelius's own emotions.

Marcus Annius Verus was born in Rome, A.D. 121, and assumed the name of Marcus Aurelius Antoninus, by which he is known to history, on his adoption by the Emperor T. Aurelius Antoninus. M. Aurelius was educated by the orator Fronto, but turned aside from rhetoric to the study of the Stoic philosophy, of which he was the last distinguished representative. The "Meditations," which he wrote in Greek, are among the most noteworthy expressions of this system, and exhibit it favorably on its practical side. The "Meditations" picture with faithfulness the mind and character of this noblest of the Emperors. Simple in style and sincere in tone, they record for all time the height reached by pagan aspiration in its effort to solve the problem of conduct; and the

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essential agreement of his practice with his teaching proved that "Even in a palace life may be led well." An engaging guide to how Stoicism—the ancient philosophy of Epictetus and Marcus Aurelius—can provide lessons for living in the modern world. Whenever we worry about what to eat, how to love, or simply how to be happy, we are worrying about how to lead a good life. No goal is more elusive. In *How to Be a Stoic*, philosopher Massimo Pigliucci offers Stoicism, the ancient philosophy that inspired the great emperor Marcus Aurelius, as the best way to attain it. Stoicism is a pragmatic philosophy that teaches us to act depending on what is within our control and separate things worth getting upset about from those that are not. By understanding Stoicism, we can learn to answer crucial questions: Should we get married or divorced? How should we bank in a world nearly destroyed by a financial crisis? How can we survive great personal tragedy? Whoever you are, Stoicism has something for you—and *How to Be a Stoic* is your essential guide. "This is a wonderful and important book that anyone interested in Stoicism or in being a better leader should read." —Ryan Holiday Roman emperor Marcus Aurelius was the final 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. *Stoicism: The Essential Guide to Stoicism Philosophy, Wisdom, and History* is your fundamental guide that will teach you the core principles of Stoicism. This book will teach you the great wisdom of Stoic philosophers such as Seneca, Epictetus, and Marcus Aurelius. By learning

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the Stoic teachings, you will be able to apply them into your life. Find out how to live a virtuous life and attain peace of mind and happiness. If you want to know how to remain stress-free amid problematic situations, and if you want to find more meaning in life, then *Stoicism: The Essential Guide to Stoicism Philosophy, Wisdom, and History* is the book for you. Inside you will learn: The key figures in Stoicism, including its founding father, Zeno The concept of Stoic virtue How to live like a true Stoic Stoic teachings from the greats (Seneca, Epictetus, and Marcus Aurelius) How to deal destructive emotions How to think like a Stoic Becoming a true Stoic and achieving inner peace So, what are you waiting for? Now is the time for you to make a difference and improve the quality of your life. Learn to live by the ancient yet timeless Stoic principles. Grab your copy today!

This scarce antiquarian book is a facsimile reprint of the original. Due to its age, it may contain imperfections such as marks, notations, marginalia and flawed pages. Because we believe this work is culturally important, we have made it available as part of our commitment for protecting, preserving, and promoting the world's literature in affordable, high quality, modern editions that are true to the original work.

Marcus Aurelius is known as the last of the five good emperors of Rome. His reign was prosperous and

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relatively peaceful. Historians worldwide regard his success to be based on his personal life philosophy and on his wisdom. In this book written by the Emperor himself, he explains his ideas and beliefs creating a philosophical masterpiece that is essential to anyone interested in life advice for success from one of the most successful rulers of an empire of all times. This is the official edition in English presented to you without censorship, external opinions, or changes to the original text.

In a time when the greatest controversy of medical care seems to be about how best to pay for it, *The Way of the Physician* brings back fundamental questions of what makes a true healer, what's involved in the uniquely intimate relationship of doctor and patient, and how we all face the inevitable challenges of maintaining health, dealing with illness, and dying. "A good doctor is a good person." But for several decades, philosopher Jacob Needleman argues, the physician has been the dispirited pawn of a "medical arms race" in which financial considerations are taking precedence over the welfare of patients. Cut off from great ideas and awakening experiences, doctors are either complacent or riddled with tension. Addressing them directly, the author mourns: "You are dying in your tracks, and you know it." Medicine for the practitioner and the patient alike, this book says that we need to train doctors to be wise healers working on the heart,

not mechanics who fix bodies. Carrying resonances of Robert M. Persig's classic standard *Zen and the Art of Motorcycle Maintenance*, it points to the physician's quest, now, as our own: to rediscover the moral wonder that will enable us "to do the right thing and do it well." NEW IN THIS EDITION: An Appendix of "Healing Questions" for medical professionals and health care consumers, designed to engender thoughtful discussions on the true "way of the physician." These questions will also appear on the title's Facebook page.

Seeking to reconcile the split between our inner child and our adult self, eminent philosopher and religious scholar Jacob Needleman evokes the ancient spiritual tradition of a deep dialogue between a guiding wisdom figure and a seeker. The elder offers an initiation to a younger self, an initiation the author feels is missing from our culture. Rendered as a stage play, the conversation between the 80-year-old author and his younger selves unfolds, and an ambiguity emerges as to whether this is strictly the author's internal dialogue or whether the younger self may be nurturing a rebirth of the author. On one level, *I Am Not I* brings younger readers (teenagers and young adults) face to face with powerful spiritual and philosophical ideas. But as the book progresses, the dialogue delves into questions and insights that carry astonishing new hope and vision for every man and woman, challenging our culture's accepted—and often toxic—ideas about humanity's place in a living universe. This carefully crafted ebook: "The Essential Writings of

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Philip Schaff" is formatted for your eReader with a functional and detailed table of contents. "History of the Christian Church" is an eight volume account of Christian history written by Philip Schaff. In this great work Schaff covers the history of Christianity from the time of the apostles to the Reformation period. "The Creeds of Christendom, with a History and Critical Notes" is a three volume set in which Schaff is classifying and explaining many different statements of belief and articles of faith throughout the Christian history. He deals with the history of the creeds, starting with the Ecumenical creeds, and moving to Greek and Roman creeds, then Old Catholic Union creeds, and finally to the Evangelical creeds and Modern Protestant creeds.

Your future self might thank you for writing down your life events. Memories, recipes, daily goals and more can be written down in this 6x9 blank lined journal; your descendants might thank you for this one day. This journal is the perfect gift idea for any family member or friend who needs a little motivation or if they enjoy stoic philosophy. Stoicism, for those that do not know, is practical philosophy from Ancient Greece and Ancient Rome. This philosophy can be used in daily life. So if you like what you see please buy this notebook now! You can also click on our brand name, Standard Booklets, to see more school notebooks, paperback blank books, log books and more!

This new work draws from Marcus Aurelius—one of the last great pre-Christian voices of classical Western philosophy and spirituality—the essential threads of his thinking in the Meditations weaving them into a more

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contemporary and coherent form. Recasting a meeting that actually took place between Marcus and four other historical figures of classical antiquity, the book's situational stage allows Marcus to discuss and defend his beliefs with a clarity not found in the Meditations. ?????“?????”?“????????”?“?”?“?”?“????”???,???????? ??????????????

Presenting the Large Print edition of the Meditations by Marcus Aurelius, which features 16-point sized font and above. There are certain books of antiquity that have risen to the status of required readings for those interested in effective leadership. Meditations has achieved this rare renown, influencing countless changemakers and leaders throughout history. Along with strength of character, an effective leader also possesses the ability to adapt and therefore to take informed, needful, and decisive action. Also available from Golding Books is The Essential Classics for Leaders: Tao Te Ching by Lao Tzu, The Art of War by Sun Tzu, Meditations by Marcus Aurelius, and The Prince by Niccolò Machiavelli with an introduction by Nicholas Tamblyn along with related large print editions, all part of Golding Books' Essential and Great Books Series. Among large print books for seniors nonfiction, large print gifts for seniors and large print inspirational books for seniors Meditations is a singularly timeless work and without compare among large print classic books. Marcus Aurelius was born in 121 in Rome. His original name was Marcus Annius Verus, and he was born into a wealthy and political family. A dedicated student, he became a Stoic, a philosophy which

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emphasized self-restraint, fate, and reason. He was chosen by Emperor Hadrian to be his eventual successor, and in 161, Aurelius took control of the Roman Empire along with his brother Verus, assuming the name Caesar Marcus Aurelius Antoninus Augustus. His rule suffered the threat of war and disease, and, while Rome was held, his rule weakened after the death of his brother. His son Commodus became co-ruler in 177 (having been named Caesar in 166), and Aurelius died after a repeated bout of illness in 180.

A new translation offers readers a practical handbook to life and leadership, filled with classical stoic wisdom and advice.

A Companion to Marcus Aurelius presents the first comprehensive collection of essays to explore all essential facets relating to contemporary Marcus Aurelius studies. First collection of its kind to commission new state-of-the-art scholarship on Marcus Aurelius Features readings that cover all aspects of Marcus Aurelius, including source material, biographical information, and writings Contributions from an international cast of top Aurelius scholars Addresses evolving aspects of the reception of the Meditations The Essential Marcus Aurelius Penguin

This book is your ultimate Marcus Aurelius resource. Here you will find the most up-to-date information, facts, quotes and much more. In easy to read chapters, with extensive references and links to get you to know all there is to know about Marcus Aurelius's whole picture right away. Get countless

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Marcus Aurelius facts right at your fingertips with this essential resource. The Marcus Aurelius Handbook is the single and largest Marcus Aurelius reference book. This compendium of information is the authoritative source for all your entertainment, reference, and learning needs. It will be your go-to source for any Marcus Aurelius questions. A mind-tickling encyclopedia on Marcus Aurelius, a treat in its entirety and an oasis of learning about what you don't yet know...but are glad you found. The Marcus Aurelius Handbook will answer all of your needs, and much more.

Presenting The Essential Classics for Leaders: Tao Te Ching by Lao Tzu, The Art of War by Sun Tzu, Meditations by Marcus Aurelius, and The Prince by Niccolò Machiavelli with an introduction by Nicholas Tamblyn, and illustrations by Katherine Eglund. This collection is part of The Essential Series by Golding Books. There are certain books of antiquity that have risen to the status of required readings for those interested in effective leadership. The Tao Te Ching, The Art of War, Meditations, and The Prince have achieved this rare renown, influencing countless changemakers and leaders throughout history. A leader will be faced with all kinds of challenges, some unforeseen. These texts emphasize that the best way to command or sway others is through a prudence that does not always err on the side of leniency or severity, but rather on that of knowledge

and flexibility. Along with strength of character, an effective leader also possesses the ability to adapt and therefore to take informed, needful, and decisive action. Both Taoism and Machiavellianism note that personal development and, by extension, business management are essentially careful thought followed by swift action. If you are focused on becoming a leader and seek words of wisdom and encouragement on how to lead, the teachings of classic Eastern philosophy (or Chinese philosophy), ancient Roman philosophy and more recent Italian philosophy each have something powerful to teach us. This inspirational collection is the perfect great leader gift for women and men, bosses and employees and the experienced as well as up and comers, rare among leadership books for young adults, ambitious teens, or those long in the workforce). Lao Tzu was an ancient Chinese philosopher and writer born in the 6th-5th century BCE, reputed author of the Tao Te Ching (published 6th Century BCE) and founder of the School of the Tao or Taoism. The main source of information on Lao Tzu's life is a biography written by the historian Sima Qian (145-86 BCE), where he referred to earlier accounts, such as one noting that Lao Tzu was a contemporary of Confucius. However, some scholars doubt the historicity of Lao Tzu, and so his life, if he existed, remains shrouded in mystery. Sun Tzu was an ancient Chinese military general,

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strategist, and philosopher, who is believed to have written the famous ancient book on military strategy, *The Art of War*. He lived in the Spring and Autumn period of ancient China, and his birth year is given by tradition as 544 BC. While the book has become immensely popular through to today, there is little to no certainty about Sun Tzu's claim to its authorship, or the veracity of details about his life. Marcus Aurelius was born in 121 in Rome. His original name was Marcus Annius Verus, and he was born into a wealthy and political family. A dedicated student, he became a Stoic, a philosophy which emphasized self-restraint, fate, and reason. He was chosen by Emperor Hadrian to be his eventual successor, and in 161, Aurelius took control of the Roman Empire along with his brother Verus, assuming the name Caesar Marcus Aurelius Antoninus Augustus. His rule suffered the threat of war and disease, and, while Rome was held, his rule weakened after the death of his brother. His son Commodus became co-ruler in 177 (having been named Caesar in 166), and Aurelius died after a repeated bout of illness in 180. Niccolò Machiavelli was born in 1469 in Florence, Italy. He was a diplomat for fourteen years in the Florentine Republic during the Medici family's exile. When the Medicis returned to power in 1512, he was dismissed and jailed for three weeks, during which time he was subjected to the "strappado," or ropes used for hanging torture. He wrote *The Prince*, a

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political handbook for self-serving and ruthless leaders that became a philosophy classic on leadership, in 1532. He died in Florence in 1527. The philosopher author of *The American Soul* explores humanity's role on the planet beyond the parameters of environmental concerns to reveal how the care of a world is vital to an authentic human existence, drawing on childhood experiences with a terminally ill friend to explore the author's own growth as a scientist, philosopher and religious scholar. 12,500 first printing.

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