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Letters from a Stoic: Seneca [Illustrated]

Lucius Annaeus Seneca

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*This Seedbox Classics edition of Letters from a Stoic: Seneca includes illustrations.

Lucius Annaeus Seneca was a Roman Stoic Philosopher. Stoicism began as a school of Hellenistic philosophy and expanded to the Roman Empire. Stoics sought to help followers control their human emotions to lessen suffering along with helping people to live virtuous lives.

Seneca's essays, letters, and tragedies used this Stoic thinking and focused on living a simple, stress-free life thorough the use of rationalism. His works also provided practical steps for people to deal with the human suffering that comes with life's problems.

Topics featured in Seneca's letters range from discussions on the shortness of life and anger to immortality and death. These letters are part of the foundation of Stoic thought making Seneca one of the indispensable thinkers from Ancient Roman philosophy.

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