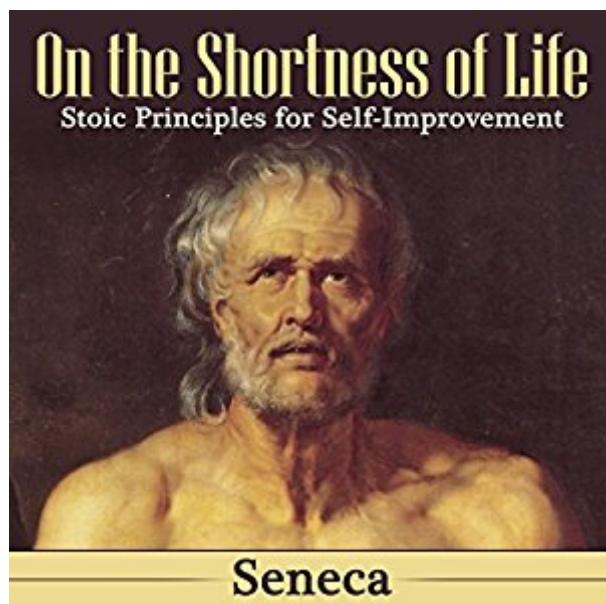


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# On The Shortness Of Life: Stoic Principles For Self-Improvement



## Synopsis

Life is divided into three periods - that which has been, that which is, that which will be. Of these the present time is short, the future is doubtful, the past is certain. For the last is the one over which Fortune has lost control, is the one which cannot be brought back under any man's power. But men who are engrossed lose this; for they have no time to look back upon the past, and even if they should have, it is not pleasant to recall something they must view with regret. They are, therefore, unwilling to direct their thoughts backward to ill-spent hours, and those whose vices become obvious if they review the past, even the vices which were disguised under some allurement of momentary pleasure, do not have the courage to revert to those hours. No one willingly turns his thought back to the past, unless all his acts have been submitted to the censorship of his conscience.

## Book Information

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## Customer Reviews

One of the most insightful books I have ever read. Seneca, being one of the better known philosophers at the time, delves into our thoughts as well as others thoughts from across the generations. Even though his musings were made back in the early 1st century, he still had valid points. My favorite take-away from this book: "People are frugal in guarding their personal property, but as soon as it comes to squandering time, they are most wasteful of the one thing in which it is right to be stingy." He does what any good philosopher is supposed to do: make you think. How quick are we to dismiss someone who is asking us for \$100, while we will gladly give away an

afternoon at an event that we did not want to attend? We all have birth certificates, so we know how long we have existed, but how much of that time is actually spent living? Also, if we knew what the other end was, our death date, how differently would we live? If we knew that we only had 50,000 hours left on earth, how stingy would we be with our time? I reread this book all the time.

Book worth reading even though it has some controversial points of views, great while getting to know Stoicism and its fundamental basics. For sure not about the shortness of life, but more - how to deal with time and what to change, so we can use all of it.

Great read, in excellent condition, easy to carry around as it is very small.

I think everyone should be familiar with Seneca. He has so much insight to offer that is still completely relevant today

Great readings, as always Seneca, Stoicism and simple life principles to live in peace, happy and full of gratefulness

Seneca has written numerous letters and this is, in my estimation, one of the best (and concise) set to read if you want to understand his approach. This is the gateway Seneca book you've been looking for.

Buy this book. It will make open your blind eyes to the world you've been missing on. Short and profound insight into what we are all missing the "now."

Life is better with Seneca. Epictetus and Cicero were pretty awesome too. Marcus Aurelius is another. Generally the stoics got a lot about the good life right.

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