



# Seneca: Letters from a Stoic (and Biography) [Annotated]

*Doma Publishing House, Lucius Annaeus Seneca*

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“In the last three years, I’ve begun to explore one philosophical system in particular: Stoicism. Through my preferred Stoic writer, Lucius Seneca, 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 (4HWW)*.

Stoicism is a philosophical system often used by successful entrepreneurs, artists, and athletes, which focuses on self possession, emotional control, and humility. “It sets out to remind us of how unpredictable the world can be. How brief our moment of life is. How to be steadfast, and strong, and in control of yourself. And finally, that the source of our dissatisfaction lies in our impulsive dependency on our reflexive senses rather than logic.” –Ryan Holiday

Seneca’s *Letters from a Stoic* is a piece of classic literature which serves as an excellent introduction to this school of thought, by using common sense advice that still rings true. Nearly every sentence of his writings offers invaluable ancient wisdom that can be singled out as words to live by. Add *Letters from a Stoic* to your Kindle Library today and apply these lessons to your life as you strive to reach your goals and unlock your highest potential.

About this Edition:

Doma Publishing House has carefully gone through all the letters written by Lucius Annaeus Seneca belonging to the compilation on Stoic Philosophy commonly known as Seneca’s “*Letters from a Stoic*”. This version was designed and formatted specifically for your Amazon Kindle to match the layout and feel of a physical copy.

The letters were translated by noted scholar and Seneca expert, Richard M. Gummere. The modern translation breathes life into this classic text and shows that, even two millennia apart, wisdom is timeless.

As an added bonus, we have included Richard M. Gummer’s Seneca biography titled, ‘*Seneca, the philosopher and his modern message,*’ for your reading pleasure.

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