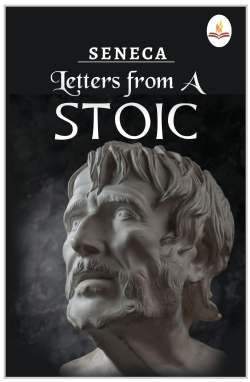
Book Information Sheet

Prints Publications Pvt. Ltd.



Letters from A Stoic

Author: Seneca

Publisher: Prints Publications Pvt Ltd

Product Specification

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About the Author

Seneca

Seneca, full name Lucius Annaeus Seneca, was a Roman Stoic philosopher, statesman, and playwright, best known for his moral essays, letters, and tragedies. He was born around 4 BCE and died in 65 CE. Seneca's work is an important part of Stoic philosophy, a school of thought that emphasizes virtue, wisdom, and the development of self-control to live a good life.

Product Description

Letters from a Stoic is a timeless work that offers practical advice on how to live a virtuous life, deal with challenges, and cultivate inner peace. Through his letters, Seneca conveys the core principles of Stoicism, providing readers with valuable guidance for living in accordance with nature, embracing adversity, and making the most of our limited time. The book remains one of the most influential works in philosophy, offering wisdom that is just as relevant in the modern world as it was in ancient Rome.