

Title: Meditations - Marcus Aurelius

Author: BPP703

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Disclaimer: Not a Life Coach or Financial Advisor.

As I believe one of the major reasons for RAB to start this sub is for personal betterment (should we choose), I'd like to recommend the book "Meditations by Marcus Aurelius". He was a Roman Emperor and stoic philosopher.

Book 1: Debts and Lessons

3. My First Teacher

"Not to support this side or that in chariot - racing, this fighter or that in the games. To put up with discomfort and not make demands (unless it's to give me my tendies Kenny). To do my own work, mind my own business, and have no time for slanderers".