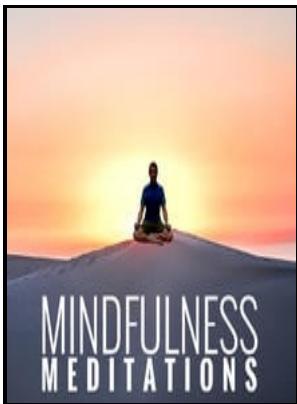


# Meditations

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### **Meditations: Aurelius, Marcus: 9781503280465: persongroup.materialsproject.org: Books**

Matthew Arnold, the essayist, remarked in 1863, that in Marcus we find a man who held the highest and most powerful station in the world—and the universal verdict of the people around him was that he proved himself worthy of it. The name of the translator is not given, but it is certainly not Hays. It works quickly to transform all anxiety into peace and inner-calm.

#### **9 Types of Meditation: Which One Is Right for You?**

. And during those years of struggle, particularly while he was directing military campaigns, Marcus would write twelve books of his private journals, which is estimated to have been between 170 and 180 A.

#### **Meditations by Marcus Aurelius: Book Summary, Key Lessons and Best Quotes**

Trained in , stopped almost every night to practice a series of spiritual exercises—reminders designed to make him humble, patient, empathetic, generous, and strong in the face of whatever he was dealing with. This practice may be simple in theory, but it can be difficult for beginners to hold their focus for longer than a few minutes at first. Grant to Steve Jobs—have applied Stoicism to overcome difficult or even impossible situations.

#### **Meditations**

Our perceptions of events as troublesome are the real source of any unhappiness we experience, not the events themselves. Rather than judge and be disturbed by others, which sets us up for disappointment and distress, we ought to focus on self-improvement. In his own reign of some nineteen years, he would experience nearly constant war, a horrific plague, possible infidelity, an attempt at the throne by one of his closest allies, repeated and arduous travel across the empire—from Asia Minor to Syria, Egypt, Greece, and Austria—a rapidly depleting treasury, an incompetent and greedy stepbrother as co-emperor, and on and on and on.

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