



## METADATA

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**Authors:** Antoniadis, T., Assistant Professor, AUTH, Zografidis, G., Professor, AUTH

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### Abstract

This book is an introductory presentation of the philosophy of Seneca the Younger, one of the most important Roman writers and exponents of Stoicism in the Imperial era. Through a variety of excerpts, anthologized in nine thematic units, the book exposes the Stoic art of life, which focuses on the eradication of passions, self-control, the release from the fear of death, the disengagement from material goods, the creative use of time, so that individuals can attain virtue, peace of mind and internal satisfaction. These features, which constitute the portrait of the Stoic sage in Seneca's philosophical treatises, remain at the centre of the quests of modern people and contemporary culture where the teachings of Stoicism

have been found to have a common ground with psychotherapy and similar practices. Thus, the practical wisdom of Seneca, a man who was often criticized by his contemporaries and later scholars for failing to respond to the challenges of his time as an advisor of the emperor Nero, is of particular interest since many of his concerns are largely related not only to the politico-social and literary elite of the early Roman Empire but also to what we nowadays approach as western civilization. All Latin passages are accompanied by an introductory essay and a translation followed by grammatical and interpretive notes. In contrast, at the end of the book, there is a supplement of Latin-Greek vocabulary and an index locorum.

