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On The Shortness Of Life: De Brevitate Vitae: A New Translation

Lucius Annaeus Seneca

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On The Shortness Of Life: De Brevitate Vitae: A New Translation Lucius Annaeus Seneca
"Life is long if you know how to use it."

From the author of **Letters From A Stoic (Epistulae Morales)**, comes another brilliant, timeless guide to living well.

Written as a moral essay to his friend Paulinus, Seneca's biting words still pack a powerful punch two thousand years later. With its brash rejection of materialism, conventional lifestyles and group-think, **On The Shortness of Life** is as relevant as ever. Seneca anticipates the modern world. It's a unique expose of how people get caught up in the rat race and how for those stuck in this mindset, enough is never enough.

The 'busy' individuals of Rome Seneca makes reference to, those people who are too preoccupied with their careers and maintaining social relationships to fully examine the quality of their lives, sound a lot like ourselves.

The message is simple: Life is long if you live it wisely. Don't waste time worrying about how you look. Don't be lazy. Don't over indulge in entertainment and vice. Everything in moderation.

Seneca defends Nature and attacks the lazy. Materialism and a love of trivial knowledge are exposed as key time wasters, along with excess ambition, networking and worrying too much.

In this new non-verbatim translation by Damian Stevenson, Seneca's essay comes alive for the modern reader. Seneca's formality of language has been preserved but the wording is more attuned to a contemporary ear. This is a rare treat for students of Stoicism and for anyone interested in seeking an answer to the eternal question, "How should I best use my time?"

Includes biographical sketch **Seneca The Stoic**.

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Doris Griffin:

Playing with family within a park, coming to see the sea world or hanging out with buddies is thing that usually you have done when you have spare time, then why you don't try point that really opposite from that. One activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of knowledge. Even you love On The Shortness Of Life: De Brevitate Vitae: A New Translation, you may enjoy both. It is good combination right, you still desire to miss it? What kind of hang-out type is it? Oh come on its mind hangout fellas. What? Still don't obtain it, oh come on its identified as reading friends.

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