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a source for his own guidance and self-improvement. His stoic ideas often involve avoiding indulgence in sensory affections, a skill which, he says, will free a man from the pains and pleasures of the ...

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planning military campaigns from
170 to 180.

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developed as the emperor
struggled to understand himself
and make sense of the universe.

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Marcus Aurelius (ruled 161 – 180)
succeeded the deified Antoninus

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and more than honoured Hadrian ' s intentions by immediately co-opting Lucius Verus as his full co-emperor. Because Verus ' competence was unproved, this excess of zeal was imprudent. Fortunately, Verus left decision making to Marcus. Marcus ' action

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was also...

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unwise peace; and his reign of twelve years proved him to be a ferocious and blood-thirsty tyrant. Scandal has made free with the name of Faustina herself, who is ac-cused not only of unfaithfulness, but of intriguing with Cassius and egging him on to

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his fatal rebellion, it must be ...

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and make sense of the universe.

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blames you or hates you, or people
voice similar criticisms, go to their

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souls, penetrate inside and see what sort of people they are. You will realize that there is no need to be racked with anxiety that they should hold any particular opinion about you. ” Marcus Aurelius, Meditations. tags: opinions, philosophy. 650 likes ...

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Marcus Aurelius Antoninus (/
ˈrɪ ɪ l i ə s / -REE-lee- ə s;
26 April 121 – 17 March 180) was
Roman emperor from 161 to 180
and a Stoic philosopher. He was

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the last of the rulers known as the Five Good Emperors (a term coined some 13 centuries later by Niccolò Machiavelli), and the last emperor of the Pax Romana, an age of relative peace and stability for the Roman Empire.

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life goals so we can go after things that truly matter. 4) Others ' Opinion vs.

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able to resist applying it to Marcus himself.

Meditations is a series of personal writings by Marcus Aurelius, Roman Emperor from 161 to 180

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AD, recording his private notes to himself and ideas on Stoic philosophy

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