

## On the Happy Life - The Complete Dialogues

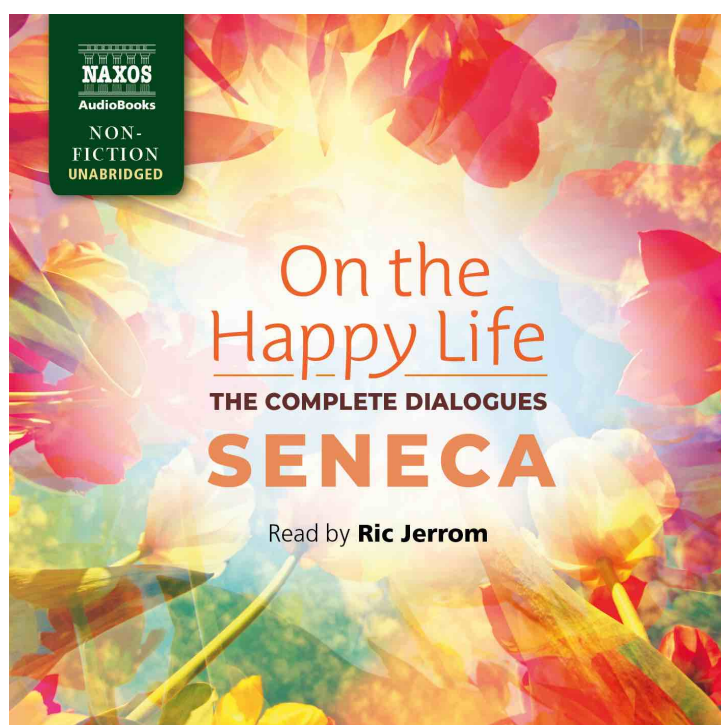
By Seneca  
Unabridged  
Read by Ric Jerrom

### DESCRIPTION

In his dialogues the Stoic philosopher Seneca outlines his thoughts on how to live in a troubled world. Tutor to the young emperor Nero, Seneca wrote practical philosophical exercises that draw upon contemporary Roman life and illuminate the intellectual concerns of the day. The dialogues also have much to say to the modern reader, as they range widely across subjects such as the shortness of life, tranquillity of mind, anger, mercy, happiness, and grief at the loss of a loved one. Seneca's accessible, aphoristic style makes his writing especially attractive as an introduction to Stoic philosophy, and belies its reputation for austerity and dogmatism.

### SALES AND MARKETING POINTS

- Seneca is a central figure in the history of Stoicism.
- The practical guidance in Seneca's dialogues has relevance and holds attraction for modern listeners.
- A valuable addition to other Stoic works recorded by Naxos AudioBooks, such as those by Epictetus and Marcus Aurelius.



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