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Introduction

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Book 3 - On Crystal Clearness

Book 4 - On Human Beauty

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Book 6 - On the Universe

Book 7 - On Retreat to One's Inner Self

Book 8 - On the Value of Advice

Book 9 - On Fellowship

Book 10 - On the Nature of the All

Book 11 - On the Blotting Out of Remembrance

Book 12 - On the Soul's Harmony

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Book 2: Guiding Principles

Book 3: Appreciating Life and Nature's Nuances

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Start

Book 1

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Book 5

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Book 9

Book 10

Book 11

Book 12

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Meditations

Stoicism

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A Healthy Eve

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00.Introduction

01.Chapter 1

02.Chapter 2

03.Chapter 3

04.Chapter 4

05.Chapter 5

06.Chapter 6

07.Chapter 7

08.Chapter 8

09.Chapter 9

10.Chapter 10

11.Chapter 11

12.Chapter 12

13.M. Aurelius Antoninus

14. The Philosophy of Marcus Aurelius

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Happiness Depends upon Ourselves

The Energy of the Mind Is the Essence of Life It Is during Our Darkest Moments That We Must Focus To See the Light

Wonder Is the Beginning of Wisdom

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My Summary of The Meditations of Marcus Aurelius | (22 Stoic Principles) - My Summary of The Meditations of Marcus Aurelius | (22 Stoic Principles) by Vox Stoica 3,659,418 views 4 years ago 31 minutes - Timings: Start - 0:00 1: When you Encounter Unkindness - 1:10 2. Everything Depends on How You Interpret it - 3:00 3. Your Mind ...

Start

- 1: When you Encounter Unkindness
- 2. Everything Depends on How You Interpret it
- 3. Your Mind Should Sit Superior to Your Body and its Sensations
- 4. Stay Mindful and Take Deliberate Actions
- 5. Don't Retreat from the World
- 6. Your Opinion of Yourself Matters More Than the Opinion of a Stranger
- 7. Be Open to Correction
- 8. Cherish the Freedom and Liberty of Everyone
- 9. Have Some Self Respect
- 10. Avoid Complaining
- 11. The Obstacle is the Way
- 12. Adversity is Part of Nature
- 13. It's Through Adversity That We Get Stronger
- 14. Everything has happened before
- 15. Stay Practical and Deal with What's in Front of You
- 16. Focus on Doing What is Right and be Prepared to Face Resistance
- 17. Do Your Duty and Despise Cowardice
- 18. Life is Short and Death Comes to us All, That Means the Time for Action is Now
- 19. Practice Getting Back on Track
- 20. Look Beneath to See Things for What They Truly Are

21. Recognize Material Wealth is Neither a Good nor an Evil

22. Express Gratitude

The MEDITATIONS of MARCUS AURELIUS: His Personal "Commonplace Book" - Harvard Classics - HC2 Ep9 - The MEDITATIONS of MARCUS AURELIUS: His Personal "Commonplace Book" - Harvard Classics - HC2 Ep9 by Rob Pirie - The Cause 3,335 views 4 months ago 24 minutes - During the peak of Rome's glory lived a stoic emperor who left a journal that became a blueprint on how to live a virtuous and ...

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Ch 0 Introduction: What this is, and why it exists (Duration)

Ch 1 The best traits I learned from other people (15:10)

Ch 2 Keeping thoughts tranquil (14:10)

Ch 3 Acting with a sense of urgency (25:15)

Ch 4 Focusing on what we can do (35:05)

Ch 5 Doing right is its own reward (35:45)

Ch 6 Peacefully accepting reality (34:20)

Ch 7 Cooperation, collaboration, and contribution (41:25)

Ch 8 Dealing with the present as it is (40:40)

Ch 9 Everything isn't on you to fix (46:35)

Ch 10 Being calm, rational, and attentive (48:20)

Ch 11 Dealing with difficult people (41:30)

Ch 12 Everyday practical philosophy (33:15)

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The Great Minds of the Western Intellectual Tradition

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Michael Sugrue, Ph.D. Princeton University

Marcus Aurelius' Meditations

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