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Life Natalli Haynes debunks myths (gladiators didn't salute the emperor before their deaths, and the last words of Julius Caesar weren't "et tu, brute?") from Athens to Zeno's paradox, this irresistible guide shows how the history and wisdom of the ancient world can inform and enrich our lives today.

It's time for us to re-examine the past. Our lives are infinitely richer if we take the time to look at what the Greeks and Romans have given us in politics and law, religion and philosophy and education, and to learn how people really lived in Athens, Rome, Sparta and Alexandria. This is a book with a serious point to make but the author isn't simply a classicist but a comedian and broadcaster who has made television and radio documentaries about humour, education and Dorothy Parker. This is a book for us all. Whether political, cultural or social, there are endless

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Collects the Roman statesman's thoughts on leadership, the balance of power, and other topical political issues that maintain relevance today, in a work featuring new translations and organized by subject.

*How to Win an Election* is an ancient Roman guide for campaigning that is as up-to-date as tomorrow's headlines. In 64 BC when idealist Marcus Cicero, Rome's greatest orator, ran for consul (the highest office in the Republic), his practical

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brother Quintus decided he needed some no-nonsense advice on running a successful campaign. What follows in his short letter are timeless bits of political wisdom, from the importance of promising everything to everybody and reminding voters about the sexual scandals of your opponents to being a chameleon, putting on a good show for the masses, and constantly surrounding yourself with rabid supporters. Presented here in a lively and colorful new translation, with the Latin text on facing pages, this unashamedly pragmatic primer on the humble art of personal politicking is dead-on (Cicero won)--and as relevant today as when it was written. A little-known classic in the spirit of Machiavelli's Prince, *How to Win an Election* is required reading for politicians and everyone who enjoys watching them try to manipulate their way into office.

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A guide that Marcus Cicero's brother wrote for him as he prepared to campaign for consul in ancient Rome includes a surprising amount of information that can be applied to today's political contests, and is now presenting again, in a bilingual Latin-English edition that offers a new translation.

"Born a slave, the Roman Stoic philosopher Epictetus (c. 55-135 AD) taught that mental freedom is supreme, since it can liberate one anywhere, even in a prison ... Freedom, for Epictetus, is not a human right or a political prerogative but a psychological and ethical achievement, a gift that we alone can bestow on ourselves ... How to Be Free features splendid new translations and the original Greek on facing pages, a compelling introduction that sets Epictetus in context and describes

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the importance of Stoic freedom today, and an invaluable glossary of key words and concepts. The result is an unmatched introduction to this powerful method of managing emotions and handling life's situations, from the most ordinary to the most demanding."--Provided by the publisher.

Timeless wisdom on death and dying from the celebrated Stoic philosopher Seneca "It takes an entire lifetime to learn how to die," wrote the Roman Stoic philosopher Seneca (c. 4 BC–65 AD). He counseled readers to "study death always," and took his own advice, returning to the subject again and again in all his writings, yet he never treated it in a complete work. How to Die gathers in one volume, for the first time, Seneca's remarkable meditations on death and dying. Edited and translated by James S. Romm, How to Die reveals a

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provocative thinker and dazzling writer who speaks with a startling frankness about the need to accept death or even, under certain conditions, to seek it out. Seneca believed that life is only a journey toward death and that one must rehearse for death throughout life. Here, he tells us how to practice for death, how to die well, and how to understand the role of a good death in a good life. He stresses the universality of death, its importance as life's final rite of passage, and its ability to liberate us from pain, slavery, or political oppression. Featuring beautifully rendered new translations, *How to Die* also includes an enlightening introduction, notes, the original Latin texts, and an epilogue presenting Tacitus's description of Seneca's grim suicide.

"The philosopher, statesman, and moralist Plutarch of Chaeronia (first and early

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second centuries CE) begins his essay Political Advice, wherein he advises a man about how to embark upon a career in government and how to become an effective leader by saying: 'First of all, let the primary motivation for political activity be a conscious choice based on judgment and reason, which serves as a firm and strong foundation, and let the choice not be rashly inspired by the vain pursuit of glory, a sense of rivalry, or a lack of other meaningful activities.' In How to Lead, classicist Jeffrey Beneker translates three of Plutarch's political essays: To an Uneducated Leader, Political Advice, and The Role of the Elder Statesman. In these essays Plutarch seeks not only to advise these budding, practicing, and even aging politicians about the problems of governing their Greek cities under Roman rule, but also to educate them about general principles of

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leadership. Plutarch thought quite a lot about political leadership. The management of public affairs at all levels is one of the most important of human endeavors. It requires education, character, and commitment. He encourages those who desire to lead, and he gives advice based mainly on the experiences of great leaders of the past. These essays are timeless reflections on the proper way to lead and serve, publicly, at least with respect to the European and American political traditions. The essays emphasize the importance of personal integrity and friendships, how best to persuade one's fellow citizens, the dangers inherent in rivalry, and that the successful management of public affairs demands respect for the state's institutions, cooperation among politicians, and the subordination of one's own glory to the welfare of the state"--

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Timeless wisdom on controlling anger in personal life and politics from the Roman Stoic philosopher and statesman Seneca In his essay “On Anger” (De Ira), the Roman Stoic thinker Seneca (c. 4 BC–65 AD) argues that anger is the most destructive passion: “No plague has cost the human race more dear.” This was proved by his own life, which he barely preserved under one wrathful emperor, Caligula, and lost under a second, Nero. This splendid new translation of essential selections from “On Anger,” presented with an enlightening introduction and the original Latin on facing pages, offers readers a timeless guide to avoiding and managing anger. It vividly illustrates why the emotion is so dangerous and why controlling it would bring vast benefits to individuals and society. Drawing on his great arsenal of rhetoric, including

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historical examples (especially from Caligula's horrific reign), anecdotes, quips, and soaring flights of eloquence, Seneca builds his case against anger with mounting intensity. Like a fire-and-brimstone preacher, he paints a grim picture of the moral perils to which anger exposes us, tracing nearly all the world's evils to this one toxic source. But he then uplifts us with a beatific vision of the alternate path, a path of forgiveness and compassion that resonates with Christian and Buddhist ethics. Seneca's thoughts on anger have never been more relevant than today, when uncivil discourse has increasingly infected public debate. Whether seeking personal growth or political renewal, readers will find, in Seneca's wisdom, a valuable antidote to the ills of an angry age.

How ancient skepticism can help you

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Life: How to attain tranquility by learning to suspend judgment Along with Stoicism and Epicureanism, Skepticism is one of the three major schools of ancient Greek philosophy that claim to offer a way of living as well as thinking. *How to Keep an Open Mind* provides an unmatched introduction to skepticism by presenting a fresh, modern translation of key passages from the writings of Sextus Empiricus, the only Greek skeptic whose works have survived. While content in daily life to go along with things as they appear to be, Sextus advocated—and provided a set of techniques to achieve—a radical suspension of judgment about the way things really are, believing that such nonjudging can be useful for challenging the unfounded dogmatism of others and may help one achieve a state of calm and tranquility. In an introduction, Richard Bett makes the case that the most important lesson we can

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draw from Sextus's brand of skepticism today may be an ability to see what can be said on the other side of any issue, leading to a greater open-mindedness. Complete with the original Greek on facing pages, *How to Keep an Open Mind* offers a compelling antidote to the closed-minded dogmatism of today's polarized world.

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