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Review of *the Meditations*, by Marcus Aurelius

Ponder over two decades overseeing one of the most famous and powerful empires known to man. Marcus Aurelius spent his existence discovering his purpose in this beautiful journey of life, while learning the law of being a stoic philosopher along the way. Being an emperor for the most powerful empire at that time was no easy task. The conflict and suffering along the way held constant in Marcus's reign in office. Over time he compiled an illustrious number of journal entries, better known today as the Meditations. Filled with empathic responses to how to live life, Marcus's biggest point of emphasis was accepting people for how they are, and not what we would like them to be. Questions he always brought up in his 12 books where how should we live our lives? Why are we here? How do we deal with pain? How do we live knowing we will not exist one day?

Each question is answered with tremendous sincerity, and empathy throughout each book of the meditations. Marcus had a way with letting people know to see life as it is; don't be blind with subjectivity because things are out of our control. One thing many people do in our society is fear the uncontrollable. This book will help ease that uncertainty and teach people to enjoy the hand they have been dealt in life. Sometimes things are not as bad as they seem and always remember someone has it much worse. Each book includes tools on how to go about living life in stoic manner. There are 12 entries and each one has its own goal to achieve. Stoics like Marcus Aurelius write about how everything has purpose and always be empathetic towards everyone. With a life like an Emperor it is amazing his writings were not filled with stress and

anger, but it was exactly the opposite. His writings were teachings for reaching enjoyment and tranquility in life. Even though he seemed to hate his reign in office he never stopped practicing to be the perfect stoic. When enemies would try to insult him he would simply counter them with humor and move on. He talks about keeping a clear mind throughout the book, while practicing not losing control of his emotions, and composure.

I would recommend this book to people who are interested in a popular philosophy that has been debated about for centuries. Marcus Aurelius Meditations exemplifies empathy and tranquility in its purest form. For someone of his stature to carry on through his depression and constant suffering with such grace and integrity deserves to be recognized with great applause. I do not read these books as a self-help literature. Nothing about being Marcus Aurelius sounded like a life to live. He constantly dealt with treason and deception in office, and also had a life threatening illness that finally laid him to rest. What I do admire him from is his teachings are how he talks about leading a life of happiness. His hand of cards were pretty much a royal flush from my perspective. He was a king of his empire, extremely wise, humble, and the list goes on. With all his fame he realized no matter how powerful and rich one is that is not the reason we are living life. The book gives an excellent view on what life is supposed to mean to an individual and how each day could be your last.

Overall if you want a book that will give a humbling experience then this is the book for you. Not only will it give the tools to change your perspective on life, but it will teach you to look at the whole picture. We only have one life to live, what we do with this life is up to us. The meditations were written back when the Roman Empire was in power and they still had the same issue our society deals with every day. People need to be learning the ways of the stoics because

life is too short to take it for granted. Even when life has given us the worst hand in the deck, The Mediations gives us a way to look on the brighter side of things, and hopefully will pull us through our suffering. I am not prescribing these books as a medicine to cure a psychological illness, but it can possibly teach people how to humble their selves and live a life full of empathy and tranquility.