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On The Shortness Of Life: Life Is Long If You Know How To Use It (Penguin Great Ideas)

SENECA
ON THE
SHORTNESS
OF LIFE
LIFE IS LONG
IF YOU
KNOW HOW
TO USE IT
PENGUIN
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Synopsis

Throughout history, some books have changed the world. They have transformed the way we see ourselves and each other. They have inspired debate, dissent, war and revolution. They have enlightened, outraged, provoked and comforted. They have enriched lives and destroyed them. Now, Penguin brings you the works of the great thinkers, pioneers, radicals and visionaries whose ideas shook civilization, and helped make us who we are. Penguin's Great Ideas series features twelve groundbreaking works by some of history's most prodigious thinkers, and each volume is beautifully packaged with a unique type-drive design that highlights the bookmaker's art. Offering great literature in great packages at great prices, this series is ideal for those readers who want to explore and savor the Great Ideas that have shaped the world. The Stoic writings of the philosopher Seneca offer powerful insights into the art of living, the importance of reason and morality, and continue to provide profound guidance to many through their eloquence, lucidity and timeless wisdom.

Book Information

Series: Penguin Great Ideas

Paperback: 105 pages

Publisher: Penguin Books; 1 edition (September 6, 2005)

Language: English

ISBN-10: 0143036327

ISBN-13: 978-0143036326

Product Dimensions: 4.3 x 0.3 x 7.1 inches

Shipping Weight: 3.5 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars See all reviews (134 customer reviews)

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Customer Reviews

I just started getting into reading philosophy and self help books. It's quite amazing how these people were so ahead of their time in terms of thinking. Seneca makes some great points. I like how he brings up the preoccupied people who are only concerned with the present, who don't realize how long they have until it's too late because they never realize how much time has passed and the uncertainty of the future. It's like pouring water in a cup with no bottom. How can you know how

much water was poured when it isn't filling up but instead going right through the cup? At the same time, how do you know when the water will cease to flow? That's why it's so important to keep perspective of time. Don't just live in the moment. Understand the context of the moment. He stresses the importance of examining your past because it is solidified and unchangeable. There, you are able to observe those things you did well and those you didn't do well, so that you can make changes in the present to live a more productive and efficient life. He sums it up very astutely and simplistically with the little poem, "Life's finest day for wretched mortals here is always first to flee." I also liked the quote from page 27 when he says "we lose the day in waiting for the night and the night in fearing for the dawn." He is saying we are waiting for the perfect moment, or the moment of joy and pleasure. But in waiting we lose all the time preceding that moment. And as soon as the moment comes we fear it's end. It's a constant vicious cycle and we can never win. Another great quote is on page 5 when he says "the greatest obstacle to living is expectancy, which hangs upon tomorrow and loses today. Very powerful insight.

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