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Meditations

Stoicism

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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

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The Sun Also Shines on the Wicked

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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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Podcast: <https://bit.ly/3mS76YT> FURTHER READING _ **Meditations**, by **Marcus Aurelius**, NOTES _ (1) Videos are just my opinion, ...

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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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Marcus Aurelius' Meditations

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