

## Key Takeaways From “Letters From a Stoic” by Seneca

- It is man's duty to live in conformity with the divine will
- Living in accordance with nature: questioning convention and training ourselves to do without all except the necessities, but developing the inborn gift of reason which marks us off as different from the animal world
- Self-sufficient: wisdom, courage, self-control, and justice
- The shortest route to wealth is the contempt of wealth
- The target is to stifle and repress ordinary human emotions in striving after immunity to feeling
- It has become a duty to be kind and forgiving towards others, indeed 'to live for the other person'
- The tendency of Stoicism was always to exalt man's importance in the universe rather than to abuse him before a higher authority
- Bringing peace and order to the feverish minds of men pursuing the wrong aims in life
- The philosopher and the wise man were the same person
- Nothing, to my way of thinking, is a better proof of a well-ordered mind than a man's ability to stop just where he is and pass some time in his own company
- To be everywhere is to be nowhere
- It is not the man who has too little who is poor, but the one who hankers after more
- What is the proper limit to a person's wealth? First, having what is essential, and second, having what is enough
- Refrain from following the example of those whose craving is for attention
- Finding wealth an intolerable burden is the mark of an unstable mind
- Limiting one's desires actually helps to cure one of fear
- Cease to hope and you will cease to fear
- I am beginning to be my own friend
- Retire into yourself as much as you can
- Associate with people who are likely to improve you
- Men learn as they teach
- The supreme ideal in life is a mind devoid of feeling
- The wise man is self-content
- If you wish to be loved, love
- The wise man lacked nothing but needed a great number of things, whereas the fool, needs nothing, but lacks everything

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Taken directly out of the book

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- Self-contented, he does need friends- and wants as many of them as possible- but not to enable him to lead a happy life; this he will have even without friends
- We need to set our affections on some good man and keep him constantly before our eyes, so that we may live as if he were watching us and do everything as if he saw what we were doing
- Every day, therefore, should be regulated as if it were the one that brings up the rear, the one that rounds out and completes our lives
- To live under constraint is a misfortune, but there is no constraint to live under constraint
- Without wisdom the mind is sick
- When you look at all the people out in front of you, think of all the ones behind you
- If you want to feel appreciative, just think how many people you've outdone
- It is in times of security that the spirit should be preparing itself to deal with difficult times
- We shall be easier in our minds when rich if we have come to realize how far from burdensome it is to be poor
- Away with the world's opinion of you- it's always unsettled and divided
- It's only when you're breathing your last that the way you've spent your time will become apparent
- All that I've done or said up to now counts for nothing.
- It's only when you're breathing your last that the way you've spent your time will become apparent
- It is a very good thing to familiarize oneself with death
- A good character is the only guarantee of everlasting, carefree happiness
- A sound mind can neither be bought nor borrowed
- Poverty brought into accord with the law of nature is wealth
- A change of character, not a change of air, is what you need
- Where you arrive does not matter so much as what sort of person you are when you arrive there
- A consciousness of wrongdoing is the first step to salvation
- One tree by itself never calls for admiration when the whole forest rises to the same height
- No one should feel pride in anything that is not his own
- Treat your inferiors in the way in which you would like to be treated by your own superiors

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- Only an absolute fool values a man according to his clothes, or according to his social position
- Have them respect you rather than fear you
- To be really respected is to be loved
- No one can lead a happy life if he thinks only for himself and turns everything to his own purposes. You should live for the other person if you wish to live for yourself
- Be as good as your word
- The worse a person is, the less he feels it
- It is with the love of money, the love of power and the other maladies that affect the minds of men
- In our tears, we are trying to find means of proving that we feel the loss
- In the pleasure, we find in the memory of departed friends there is a resemblance to the way in which certain bitter fruits are agreeable or the very acidity of an exceedingly old wine has its attraction. But after a certain interval, all that pained us is obliterated and the enjoyment comes to us unalloyed
- Life is never incomplete if it is an honorable one
- There's nothing so very great about living- all your slaves and all the animals do it. What is, however, a great thing is to die in a manner which is honorable, enlightened and courageous
- What matters is not how long the acting lasts, but how good it is
- Do not give in to adversity, never trust prosperity, and always take full note of fortune's habit of behaving just as she pleases
- We should live as if we were in public view
- To want to know more than is sufficient is a form of intemperance
- We should project our thoughts ahead of us at every turn and have in mind every possible eventuality instead for only the usual course of events
- People who know no self-restraint lead stormy and disordered lives
- Let the personality be made ready to face everything
- One can do nothing better than endure what cannot be cured and attend uncomplainingly the God at whose instance all things come about
- The more the mind takes in the more it expands
- A man is wealthy if he has attuned himself to his restricted means and has made himself rich on little
- It is no man's power to have whatever he wants, but he has it in his power not to wish for what he hasn't got, and cheerfully make the most of the things that do come his way

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- A stomach firmly under control, one that will put up with hard usage, marks a considerable step towards independence
- Retreat from the things that attract us and rouse ourselves to meet the things that actually attack us
- Pleasure is a poor and petty thing