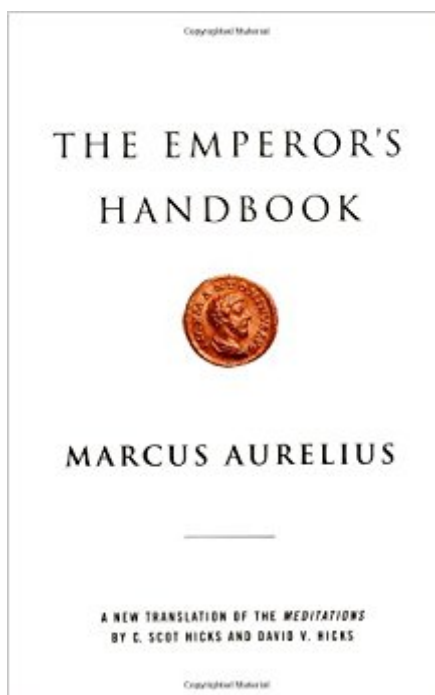


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The Emperor's Handbook: A New Translation Of The Meditations



Synopsis

In the tradition of > and Marcus Aurelius's *Meditations*—a practical book of timeless advice from one of the most powerful individuals in history—available for the first time in a highly accessible translation, including several unique features for contemporary readers and users of daily wisdom guides. Essayist Matthew Arnold described the man who wrote these words as “the most beautiful figure in history.” Possibly so, but he was certainly more than that. Marcus Aurelius ruled the Roman Empire at its height, yet he remained untainted by the incalculable wealth and absolute power that had corrupted many of his predecessors. Marcus knew the secret of how to live the good life amid trying and often catastrophic circumstances, of how to find happiness and peace when surrounded by misery and turmoil, and of how to choose the harder right over the easier wrong without apparent regard for self-interest. The historian Michael Grant praises Marcus's book as “the best ever written by a major ruler” and Josiah Bunting, superintendent of the Virginia Military Institute, calls it “the essential book on character, leadership, duty.” Never intended for publication, the *Meditations* contains the practical and inspiring wisdom by which this remarkable emperor lived the life not of a saintly recluse, but of a general, administrator, legislator, spouse, parent, and judge besieged on all sides. The Emperor's Handbook offers a vivid and fresh translation of this important piece of ancient literature. It brings Marcus's words to life and shows his wisdom to be as relevant today as it was in the second century. This book belongs on the desk and in the briefcase of every business executive, political leader, and military officer. It speaks to the soul of anyone who has ever exercised authority or faced adversity or believed in a better day.

Book Information

Hardcover: 160 pages

Publisher: Scribner (November 26, 2002)

Language: English

ISBN-10: 0743233832

ISBN-13: 978-0743233835

Product Dimensions: 5.5 x 0.7 x 8.4 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 1,588 customer reviews

Best Sellers Rank: #14,333 in Books (See Top 100 in Books) #22 in Books > History > Ancient Civilizations > Rome #43 in Books > Politics & Social Sciences > Philosophy > Greek &

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Text: English (translation) Original Language: Greek

lumps different translations together as merely variations on how the book is delivered. In this case, the Hays translation is the hardcover, while the authors who translated the paperback and Kindle versions aren't specified. So use the tools available (look inside, free sample) to get an idea of the language used by the author and see if it's something you'd like to read, or if a different translation suits you better.

I don't know who did the translation for this one but I found it very difficult to follow. This prompted me to look around and I found another translation by George Long (Thoughts of Marcus Aurelius

Antoninus 1862). Even though it's not a recent translation, Long's version is often easier to understand. Compare the translations of the first paragraph for example: This version: Of my grandfather Verus I have learned to be gentle and meek, and to refrain from all anger and passion. From the fame and memory of him that begot me I have learned both shamefastness and manlike behaviour. Of my mother I have learned to be religious, and bountiful; and to forbear, not only to do, but to intend any evil; to content myself with a spare diet, and to fly all such excess as is incidental to great wealth. Of my great-grandfather, both to frequent public schools and auditories, and to get me good and able teachers at home; and that I ought not to think much, if upon such occasions, I were at excessive charges. George Long's version: From my grandfather Verus I learned good morals and the government of my temper. From the reputation and remembrance of my father, modesty and a manly character. From my mother, piety and beneficence, and abstinence, not only from evil deeds, but even from evil thoughts; and further, simplicity in my way of living, far removed from the habits of the rich. From my great-grandfather, not to have frequented public schools, and to have had good teachers at home, and to know that on such things a man should spend liberally. Having said this however, it's still worth comparing both translations which are free on the Kindle.

Meditations by Marcus Aurelius "The happiness of your life depends upon the quality of your thoughts: therefore, guard, accordingly, and take care that you entertain no notions unsuitable to virtue and reasonable nature." Before I get into details, I must say that reading Meditations was one of the hardest, but most rewarding experiences in my own personal growth. The book has done so much to ferment my prior beliefs and has helped a lot to broaden my mind and encourage me to be all that I can be. It is very difficult in today's world to believe in anything, whether it be divine beings, other people, or even ourselves. It is an epidemic that buries potential and love deep down and leaves anger and frustration to dictate life. There is no reason to feel unhappy, unfulfilled, or unappreciated, and Meditations by Marcus Aurelius offers advice to anyone who is looking for self help, self love, and a rational way of directing life. Before reading this book it is interesting to know the man that wrote it. Marcus Aurelius was the last of The Five Good Emperors of Ancient Rome. He took the title of Augustus after the death of his adopted father, Antoninus Pius, the adopted son of the late Emperor Hadrian. However Marcus Aurelius had tried to pass on the emperorship, for he preferred a much more simple philosophic lifestyle. He accepted the honor with the sole demand that Lucius Verus, his adopted brother, would share the seat with him. Sharing his seat of power is the one move that summarizes Marcus

Aurelius's entire life; the fear of power and the duty embedded in him through his interest in Stoicism, a philosophy that grounds itself on self-restraint, reason, and fate. His work is a reflection of his life, and the words inscribed in *Meditations* are the product of his own thoughts and his own experiences. While reading this book good feelings will begin to surface through introspection, and in turn bad feelings will be expelled. In my everyday life quotes from his book swim in my mind when I am met with difficult situations, and they enable me to make smarter more thought out and rational decisions. It is fascinating and rewarding each time I don't simply act on impulse. This book is not for entertainment, not for adventure, and it is definitely not a "light read." It is a book that will help those who seek help, irritate those who don't, and fascinate those who wish to learn and grow.

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