ANGER as a desire to punish a real or perceived wrong therefore where anger is present revenge lurks waiting for its chance to wreak havoc.

May 4th, 2020 - How to keep your cool is James Romm’s modern paraphrase of the ancient Greek philosopher Seneca’s treatise entitled De Ira or On Anger. Seneca defined mastering instead of being mastered by one’s own emotions.

May 25th, 2020 - Seneca’s writings stand alongside those of Zeno, Epictetus and Marcus Aurelius as a pillar of Stoic philosophy. They were increasingly influential in medieval and early modern Europe and made it one of the most significant and accessible philosophical traditions.


psyche that it exists independently of external events the great first century roman philosopher seneca

Seneca’s De Beneficiis and non-verbal politeness in

April 19th, 2020 - This paper examines the philosophical treatise De Beneficiis written by Seneca the Younger c. 4 BCE to 65 CE and discusses some of the insights that it offers regarding the pragmatics of interpersonal encounters in ancient Rome. In particular, it identifies types of appropriate and inappropriate non-verbal behaviour sometimes employed when making requests.

The Stoic Philosophy of Seneca Essays and Letters by Seneca

May 25th, 2020 - In the Stoic Philosophy of Seneca, representative selections from Seneca’s writings offer the reader an excellent introduction to the range of his work. The selections are drawn from the essays or dialogues and the consolations from the treatises of which on Clemency addressed to the young Nero is included here and from the letters to Lucilius which have to do with...