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Meditations: A New Translation (Modern Library)



Synopsis

Few ancient works have been as influential as the *Meditations* of Marcus Aurelius, philosopher and emperor of Rome (A.D. 161–180). A series of spiritual exercises filled with wisdom, practical guidance, and profound understanding of human behavior, it remains one of the greatest works of spiritual and ethical reflection ever written. Marcus's insights and advice on everything from living in the world to coping with adversity and interacting with others have made the *Meditations* required reading for statesmen and philosophers alike, while generations of ordinary readers have responded to the straightforward intimacy of his style. For anyone who struggles to reconcile the demands of leadership with a concern for personal integrity and spiritual well-being, the *Meditations* remains as relevant now as it was two thousand years ago. In Gregory Hays's new translation the first in thirty-five years, Marcus's thoughts speak with a new immediacy. In fresh and unencumbered English, Hays vividly conveys the spareness and compression of the original Greek text. Never before have Marcus's insights been so directly and powerfully presented. With an Introduction that outlines Marcus's life and career, the essentials of Stoic doctrine, the style and construction of the *Meditations*, and the work's ongoing influence, this edition makes it possible to fully rediscover the thoughts of one of the most enlightened and intelligent leaders of any era.

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Customer Reviews

An interesting perspective on human condition. Nature does not discriminate whether you are a King or a peasant but the life lessons learnt are the important distinctions. The conduct of the mind and the understanding of the Spirit as it emanates in all of us the cause and effect. This can be highlighted by the perceptions of fear and the greater good that always needs to be considered in our actions. After reading this great text it grounds the important truths that are scattered all over time and history. Whether it's the ancient eastern philosophies from the Vedas to the modern texts of James Allen. These need to be studied and meditated upon so we don't end up deceiving ourselves over time and again. Greatly enjoyed the observations and the constant battle of the self to internalise the revelations.

I would like to recommend this book for those who search for meaning of life and for those trying to understand human nature. A lot of things didn't make lot of sense at the beginning, but as you read further you start grasping the whole picture.

A much easier version to read. A lot of what Marcus Aurelius wrote applies to contemporary times and one can use his lessons in their daily lives. I bought the book for my iPad likely purchase a hardcopy to carry with me. Great life lessons.

I was looking for an easy book to get started into stoicism. That was my first mistake. This is a great book but you have to take your time with it to get the full extent. I'm 50 but unfortunately have taken the ADD route.

Marcus Aurelius is manifestly noble and brilliant. His perspectives are timeless and straightforward. I have certainly benefited by reading his words, and so I hope you will do the same.

Impeccably done! A must read for many!

This translation, so spare and direct, shows the great Roman at his best. Honest, without conceit. His words flash like a Zen master, telling you again and again to look at yourself, be true to your own mind, and to the part decreed to you by nature. Outstanding. I will certainly be reading this a second and a third time.

The Introduction to this translation is very, very good: instructive, educative and a most useful framing of what follows. As a first-time reader, I found Marcus' own texts fascinating but thought that the translation was occasionally oddly anachronistic, though forgivable always for its readability (my previous attempt at this text having gotten indigestion with the ponderous nineteenth-century prose). Marcus was clearly rather hard on himself in a cruel age. There is much to think on that bears on our own present age and always on our own self-evaluations. He was an admirable man.

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