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About The Book: Meditations is a series of personal writings by Marcus Aurelius, Roman Emperor 161â€“180 CE, setting forth his ideas on Stoic philosophy. It is doubtful that Marcus Aurelius Antoninus ever intended for this book to be published.

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The Meditations of the Emperor Marcus Aurelius Antoninus

What is Stoicism? Stoicism is a school of ancient Greek philosophy in the Socratic tradition. It was founded in Athens by Zeno of Citium around 301 BC.

Stoic Week 2016 Handbook - modernstoicism.com

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Marcus Aurelius (Stanford Encyclopedia of Philosophy)

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deeply into philosophy. The first book of the Meditations pays tribute to a number of philosophers from whom Marcus learned, both formally and informally, and he is likely to have studied with or listened to many others. Marcus would have learned much outside the classroom as well. For training in legal and political matters, an informal apprenticeship bound aristocratic youths to older public ...

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