Guide Linkedin Seneca

Brad Inwood presents a selection of his most influential essays on the philosophy of Seneca, the Roman Stoic thinker, statesman, and tragedian of the first century AD. Including two brand-new pieces, and a helpful introduction to orient the reader, this volume will be an essential guide for anyone seeking to understand Seneca's fertile, wide-ranging thought and its impact on subsequent generations. In each of these essays Seneca is considered as a philosopher, but with as much account as possible taken of his life, his education, his intellectual and literary background, his career, and his self-presentation as an author. Seneca emerges as a discerning and well-read Stoic, with a strong inclination to think for himself in the context of an intellectual climate teeming with influences from other schools. Seneca's intellectual engagement with Platonism, Aristotelianism, and even with Epicureanism involved a wide range of substantial philosophical interests and concerns. His philosophy was indeed shaped by the fact that he was a Roman, but he was a true philosopher shaped by his culture rather than a Roman writer trying his hand at philosophical themes. The highly rhetorical character of his writing must be accounted for when reading his works, and when one does so the underlying philosophical themes stand out more clearly. While it is hard to generalize about an overall intellectual agenda or systematic philosophical method, key themes and strategies are evident. Inwood shows how Seneca's philosophical ingenium worked itself out in a fundamentally particularistic way as he pursued those aspects of Stoicism that engaged him most forcefully over his career.

A practical, refreshingly optimistic guide that uses centuries-old wisdom to help us better cope with the stresses of modern living. Some people bounce back in response to setbacks; others break. We often think that these responses are hardwired, but fortunately this is not the case. Stoicism offers us an alternative approach. Plumbing the wisdom of one of the most popular and successful schools of thought from ancient Rome, philosopher William B. Irvine teaches us to turn any challenge on its head. The Stoic Challenge, then, is the ultimate guide to improving your quality of life through tactics developed by ancient Stoics, from Marcus Aurelius and Seneca to Epictetus. This book uniquely combines ancient Stoic insights with techniques discovered by contemporary psychological research, such as anchoring and framing. The result is a surprisingly simple strategy for dealing with life's unpleasant and unexpected challenges—from minor setbacks like being caught in a traffic jam or having a flight cancelled to major setbacks like those experienced by physicist Stephen Hawking, who slowly lost the ability to move, and writer Jean-Dominique Bauby, who suffered from locked-in syndrome. The Stoics discovered that thinking of challenges as tests of character can dramatically alter our emotional response to them. Irvine's updated "Stoic test strategy" teaches us how to transform life's stumbling blocks into opportunities for becoming calmer, tougher, and more resilient. Not only can we overcome everyday obstacles—we can benefit from them, too.

Turn 2 Healthy Eating is a guidebook for the baseball student athlete. Through three fictional characters, the author explores common problems encountered by student athletes and provides strategies for overcoming these problems. With over 35 recipes that are easy to make and economical, Turn 2 Healthy Eating provides practical solutions for student athletes.

The Roman statesman and philosopher Seneca (4 BCE–65 CE) recorded his moral philosophy and reflections on life as a highly original kind of correspondence. Letters on Ethics includes vivid descriptions of town and country life in Nero's Italy, discussions of poetry and oratory, and philosophical training for Seneca's friend Lucilius. This volume, the first complete English translation in nearly a century, makes the Letters more accessible than ever before. Written as much for a general audience as for Lucilius, these engaging letters offer advice on how to deal with everything from nosy neighbors to sickness, pain, and death. Seneca uses the informal format of the letter to present the central ideas of Stoicism, for centuries the most influential philosophical system in the Mediterranean world. His lively and at times humorous expositions have made the Letters his most popular work and an enduring classic. Including an introduction and explanatory notes by Margaret Graver and A. A. Long, this authoritative edition will captivate a new generation of readers.

Seneca Falls and the Origins of the Women's Rights Movement

Breakfast with Seneca: A Stoic Guide to the Art of Living

Seven Core Issues in Adoption and Permanency

Seneca in English

Seneca at the Court of Nero

Turn 2 Healthy Eating

Ad Lucilium Epistulae Morales,

Based on a hugely successful US model, the Seven Core Issues in Adoption is the first conceptual framework of its kind to offer a unifying lens that was inclusive of all individuals touched by the adoption experience. The Seven Core Issues are Loss, Rejection, Shame/Guilt, Grief, Identity, Intimacy, and Mastery/Control. The book expands the model to be inclusive of adoption and all forms of permanency: adoption, foster care, kinship care, donor insemination and surrogacy. Attachment and trauma are integrated with the Seven Core Issues model to address and normalize the additional tasks individuals and families will encounter. The book views the Seven Core Issues from a range of perspectives including: multi-racial, LGBTQ, Hispanic, Asian, Native American, African-American, International, openness, search and reunion, and others. This essential guide introduces each Core Issue, its impact on individuals, offering techniques for growth and healing.

Stoic philosopher and tutor to the young emperor Nero, Seneca wrote moral essays - exercises in practical philosophy - on how to live in a troubled world. Strikingly applicable today, his thoughts on happiness and other subjects are here combined in a clear, modern translation with an introduction on Seneca's life and philosophy.

The first clear and faithful guide to the timeless, practical teachings of the Stoic philosopher Seneca. Stoicism, the most influential philosophy of the Roman Empire, offers refreshingly modern ways to strengthen our inner character in the face of an unpredictable world. Widely recognized as the most talented and humane writer of the Stoic tradition, Seneca teaches us to live with freedom and purpose. His most enduring work, over a hundred “ Letters from a Stoic ” written to a close friend, explains how to handle adversity; overcome grief, anxiety, and anger; transform setbacks into opportunities for growth; and recognize the true nature of friendship. In Breakfast with Seneca, philosopher David Fideler mines Seneca ’ s classic works in a series of focused chapters, clearly explaining Seneca ’ s ideas without oversimplifying them. Best enjoyed as a daily ritual, like an energizing cup of coffee, Seneca ’ s wisdom provides us with a steady stream of time-tested advice about the human condition—which, as it turns out, hasn ’ t changed much over the past two thousand years.

Lucius Annaeus Seneca (4 BCE – 65 CE) was a Roman Stoic philosopher, dramatist, statesman, and adviser to the emperor Nero, all during the Silver Age of Latin literature. The Complete Works of Lucius Annaeus Seneca is a fresh and compelling series of new English-language translations of his works in eight accessible volumes. Edited by world-renowned classicists Elizabeth Asmis, Shadi Bartsch, and Martha C. Nussbaum, this engaging collection restores Seneca—whose works have been highly praised by modern authors from Desiderius Erasmus to Ralph Waldo Emerson—to his rightful place among the classical writers most widely studied in the humanities. Anger, Mercy, Revenge comprises three key writings: the moral essays On Anger and On Clemency—which were penned as advice for the then young emperor, Nero—and the Apocolocyntosis, a brilliant satire lampooning the end of the reign of Claudius. Friend and tutor, as well as philosopher, Seneca welcomed the age of Nero in tones alternately serious, poetic, and comic—making Anger, Mercy, Revenge a work just as complicated, astute, and ambitious as its author.

An Ancient Guide to Giving and Receiving

The Ancient Art of Stoic Joy

The Cambridge Companion to Seneca

The Seneca Effect

366 Meditations on Wisdom, Perseverance, and the Art of Living

Fifty Letters of a Roman Stoic

A Guide to the Good Life

A beautiful daily journal to lead your journey in the art of living--and an instant WSJ bestseller! For more than two thousand years, Stoic philosophy has been the secret operating system of wise leaders, artists, athletes, brilliant thinkers, and ordinary citizens. With the acclaimed, bestselling books The Obstacle Is the Way, Ego Is the Enemy and The Daily Stoic, Ryan Holiday and Stephen Hanselman have helped to bring the Stoicism of Marcus Aurelius, Seneca, and Epictetus to hundreds of thousands of new readers all over the world. Now Holiday and Hanselman are back with The Daily Stoic Journal, a beautifully designed hardcover journal that features space for morning and evening notes, along with advice for integrating this ancient philosophy into our 21st century lives. Each week readers will discover a specific powerful Stoic practice, explained and presented with related quotations to inspire deeper reflection and application, and each day they will answer a powerful question to help gauge their progress. Created with a durable, Smyth-sewn binding and featuring a helpful introduction explaining the various Stoic tools of self-management, as well as resources for further reading, this is a lasting companion volume for people who already love The Daily Stoic and its popular daily emails and social media accounts. It can also be used as a stand-alone journal, even if you haven't read the previous books. For anyone seeking inner peace, clarity, and effectiveness in our crazy world, this book will help them immensely for the next year—and for the rest of their lives.

In a quiet town of Seneca Falls, New York, over the course of two days in July, 1848, a small group of women and men, led by Elizabeth Cady Stanton and Lucretia Mott, held a convention that would launch the woman's rights movement and change the course of history. The implications of that remarkable convention would be felt around the world and indeed are still being felt today. In Seneca Falls and the Origins of the Woman's Rights Movement, the latest contribution to Oxford's acclaimed Pivotal Moments in American History series, Sally McMillen unpacks, for the first time, the full significance of that revolutionary convention and the enormous changes it produced. The book covers 50 years of women's activism, from 1840-1890, focusing on four extraordinary figures--Lucretia Mott, Elizabeth Cady Stanton, Lucy Stone, and Susan B. Anthony. McMillen tells the stories of their lives, how they came to take up the cause of women's rights, the astonishing advances they made during their lifetimes, and the lasting and transformative effects of the work they did. At the convention they asserted full equality with men, argued for greater legal rights, greater professional and education opportunities, and the right to vote--ideas considered wildly radical at the time. Indeed, looking back at the convention two years later, Anthony called it "the grandest and greatest reform of all time--and destined to be thus regarded by the future historian." In this lively and warmly written study, Sally McMillen may well be the future historian Anthony was hoping to find. A vibrant portrait of a major turning point in American women's history, and in human history, this book is essential reading for anyone wishing to fully understand the origins of the woman's rights movement.

Exploring the essential components of politics and government in Canada, this clearly written and concise version of Canadian Democracy presents an accessible, fully up-to-date overview of the values, processes, institutions, and contemporary issues that give rise to Canadian democracy anddefine Canada on the world stage.

A selection of Seneca’s most significant letters that illuminate his philosophical and personal life. “There is only one course of action that can make you happy. . . . rejoice in what is yours. What is it that is yours? Yourself; the best part of you.” In the year 62, citing health issues, the Roman philosopher Seneca withdrew from public service and devoted his time to writing. His letters from this period offer a window onto his experience as a landowner, a traveler, and a man coping with the onset of old age. They share his ideas on everything from the treatment of enslaved people to the perils of seafaring, and they provide lucid explanations for many key points of Stoic philosophy. This selection of fifty letters brings out the essentials of Seneca’s thought, with much that speaks directly to the modern reader. Above all, they explore the inner life of the individual who proceeds through philosophical inquiry from a state of emotional turmoil to true friendship, self-determination, and personal excellence.

A Comprehensive Guide to Promoting Understanding and Healing In Adoption, Foster Care, Kinship Families and Third Party Reproduction

Letters on Ethics

Drawdown

The Executive's Guide to Enterprise Social Media Strategy

Entrepreneurial Case Studies

How to Keep Your Cool

Marketing Communications Industry

Timeless wisdom on generosity and gratitude from the great Stoic philosopher Seneca To give and receive well may be the most human thing you can do—but it is also the closest you can come to divinity. So argues the great Roman Stoic thinker Seneca (c. 4 BCE–65 CE) in his longest and most searching moral treatise, “On Benefits” (De Beneficiis). James Romm’s splendid new translation of essential selections from this work conveys t Seneca’s argument that generosity and gratitude are among the most important of all virtues. For Seneca, the impulse to give to others lies at the very foundation of society; without it, we are helpless creatures, worse than wild beasts. But generosity did not arise randomly or by chance. Seneca sees it as part of our desire to emulate the gods, whose creation of the earth and heavens stands as the greatest gift of all. Seneca’s soaring prose his wonder at that gift, and expresses a profound sense of gratitude that will inspire today’s readers. Complete with an enlightening introduction and the original Latin on facing pages, How to Give is a timeless guide to the profound significance of true generosity.

Timeless wisdom on death and dying from the celebrated Stoic philosopher Seneca “It takes an entire lifetime to learn how to die,” wrote the Roman Stoic philosopher Seneca (c. 4 BC–65 AD). He counseled readers to "study death always," and took his own advice, returning to the subject again and again in all his writings, yet he never treated it in a complete work. How to Die gathers in one volume, for the first time, Seneca’s remarkable meditations on death and dying. Edited and translated by James S. Romm, How to Die reveals a provocative thinker and dazzling writer who speaks with a startling frankness about the need to accept death or even, under certain conditions, to seek it out. Seneca believed that life is only a journey toward death and that one must rehearse for death throughout life. Here, he tells us how to practice for death, how to die well, and how to unders the role of a good death in a good life. He stresses the universality of death, its importance as life’s final rite of passage, and its ability to liberate us from pain, slavery, or political oppression. Featuring beautifully rendered new translations, How to Die also includes an enlightening introduction, notes, the original Latin texts, and an epilogue presenting Tacitus's description of Seneca’s grim suicide.

Social media has already transformed society. Now it is poised to revolutionize communications and collaborative business processes. This book provides you with an actionable framework for developing and executing successful enterprise social networking strategies. Using straightforward language, accompanied by exhibits and fleshed out with real-world stories and revealing anecdotes, you will learn how to develop your own internal corporate social media strategy. Through the use of in-depth interviews with leading companies using these strategies, you will also discover best practices that will propel your business to new heights.

This comprehensive yet concise guide to research, writing, and debating in political science provides students with the skills they need to conduct proper research, present clear arguments, and produce effective written work.

The Tragedies of Seneca

How to Live Authentically in an Inauthentic Age

A Guide Book for Baseball Student Athletes

An Ancient Guide to Anger Management

Canadian Immigration and Refugee Law for Legal Professionals

A Commentary with Text, Translation, and Introduction

The Roman statesman, philosopher and playwright Lucius Annaeus Seneca dramatically influenced the progression of Western thought. His works have had an unparalleled impact on the development of ethical theory, shaping a code of behavior for dealing with tyranny in his own age that endures today. This Companion thoroughly examines the complete Senecan corpus, with special emphasis on the aspects of his writings that have challenged interpretation. The authors place Seneca in the context of the ancient world and trace his impressive legacy in literature, art, religion, and politics from Neronian Rome to the early modern period. Through critical discussion of the recent proliferation of Senecan studies, this volume compellingly illustrates how the perception of Seneca and his particular type of Stoicism has evolved over time. It provides a comprehensive overview that will benefit students and scholars in classics, comparative literature, history, philosophy and political theory, as well as general readers.

Timeless wisdom on controlling anger in personal life and politics from the Roman Stoic philosopher and statesman Seneca In his essay “On Anger” (De Ira), the Roman Stoic thinker Seneca (c. 4 BC–65 AD) argues that anger is the most destructive passion: “No plague has cost the human race more dear.” This was proved by his own life, which he barely preserved under one wrathful emperor, Caligula, and lost under a second, Nero. This splendid new translation of essential selections from “On Anger,” presented with an enlightening introduction and the original Latin on facing pages, offers readers a timeless guide to avoiding and managing anger. It vividly illustrates why the emotion is so dangerous and why controlling it would bring vast benefits to individuals and society. Drawing on his great arsenal of rhetoric, including historical examples (especially from Caligula’s horrific reign), anecdotes, quips, and soaring flights of eloquence, Seneca builds his case against anger with mounting intensity. Like a fire-and-brimstone preacher, he paints a grim picture of the moral perils to which anger exposes us, tracing nearly all the world’s evils to this one toxic source. But he then uplifts us with a beatific vision of the alternate path, a path of forgiveness and compassion that resonates with Christian and Buddhist ethics. Seneca’s thoughts on anger have never been more relevant than today, when uncivil discourse has increasingly infected public debate. Whether seeking personal growth or political renewal, readers will find, in Seneca’s wisdom, a valuable antidote to the ills of an angry age.

Negotiating and understanding the nuance of IT threats and solutions is critical to all businesses, and professionals often need guidance when detailing IT security in contract negotiation. This handbook offers quicker and easier negotiation strategies for both buyers and sellers, and offers comprehensive insights into many issues as well as suggestions for resolutions. The business world is made of relationships between companies and their outside partners, such as suppliers, vendors, and customers. From a security perspective, these partnerships are not under the full control of any participant. Security strength is dependent on mutually-agreed upon solutions defined and provisioned in the contract language. The problem is how to ensure that these requirements are simultaneously mutually acceptable and thorough, delivering required protection to each partner. Every business wants to lower the cost of contract negotiation, and ensure a comprehensive agreement. This handbook is a guide to contract preparation, and is packed with wisdom only gained through extensive field experience and long-term work with the analysis of contradictions in security requirements.

Marketing Communications Industry: Entrepreneurial Case Studies explores the innovative management practices adopted by some enterprising individuals that fostered creation and growth of new business formations without any support from large corporate houses. These new businesses were both competitive and based on application of ethical and innovative management tools. The book is a collation of analytical case studies about these new and emerging class of entrepreneurs and enterprises from diverse fields such as marketing research, public relations and event management, to name a few. The authors lay down both the theoretical and practical aspects of the desired management practices. This book will be of interest to professionals involved in communication and entrepreneurship management, and branding, PR consultants, corporates, entrepreneurs and readers of business history. It is a must read for students and faculties of management schools.

Hardship and Happiness

Reconcile the Requirements

Why Growth is Slow but Collapse is Rapid

Anger, Mercy, Revenge

Political Argument

Succeeding As Outside Counsel

A Story about Elizabeth Cady Stanton

Now in its sixth edition, Canadian Democracy: An Introduction will continue to provide students studying introductory Canadian political science with a comprehensive overview of Canadian politics and government as well as engage them with the critical question, What is the state of democracy in Canada?

The essence of this book can be found in a line written by the ancient Roman Stoic Philosopher Lucius Annaeus Seneca: "Fortune is of sluggish growth, but ruin is rapid". This sentence summarizes the features of the phenomenon that we call "collapse," which is typically sudden and often unexpected, like the proverbial "house of cards." But why are such collapses so common, and what generates them? Several books have been published on the subject, including the well known "Collapse" by Jared Diamond (2005), "The collapse of complex societies" by Joseph Tainter (1998) and "The Tipping Point," by Malcom Gladwell (2000). Why The Seneca Effect? This book is an ambitious attempt to pull these various strands together by describing collapse from a multi-disciplinary viewpoint. The reader will discover how collapse is a collective phenomenon that occurs in what we call today "complex systems," with a special emphasis on system dynamics and the concept of "feedback." From this foundation, Bardi applies the theory to real-world systems, from the mechanics of fracture and the collapse of large structures to financial collapses, famines and population collapses, the fall of entire civilzations, and the most dreadful collapse we can imagine: that of the planetary ecosystem generated by overexploitation and climate change. The final objective of the book is to describe a conclusion that the ancient stoic philosophers had already discovered long ago, but that modern system science has rediscovered today. If you want to avoid collapse you need to embrace change, not fight it. Neither a book about doom and gloom nor a cornucopianist's dream, The Seneca Effect goes to the heart of the challenges that we are facing today, helping us to manage our future rather than be managed by it.

Lucius Annaeus Seneca (4 BCE–65 CE) was a Roman Stoic philosopher, dramatist, statesman, and advisor to the emperor Nero, all during the Silver Age of Latin literature. The Complete Works of Lucius Annaeus Seneca is a fresh and compelling series of new English-language translations of his works in eight accessible volumes. Edited by Elizabeth Asmis, Shadi Bartsch, and Martha C. Nussbaum, this engaging collection helps restore Seneca—whose works have been highly praised by modern authors from Desiderius Erasmus to Ralph Waldo Emerson—to his rightful place among the classical writers most widely studied in the humanities. Hardship and Happiness collects a range of essays intended to instruct, from consolations—works that offer comfort to someone who has suffered a personal loss—to pieces on how to achieve happiness or tranquility in the face of a difficult world. Expertly translated, the essays will be read and used by undergraduate philosophy students and experienced scholars alike.

Handbook of Security Contract NegotiationReconcile the RequirementsFriesenPress

Red Metal

Stoic Philosophy at Rome

The Road to Seneca Falls

Seneca

A Guide to Research, Writing, and Debating

A Lawyer's Guide to Providing First Class Legal Services from the Client's Perspective

How Social Networks Are Radically Transforming Your Business

To increase revenue, improve customer experience, and develop higher-performing teams, it's time for leaders to stop looking for quick fixes to complex business problems and start building a culture of love. Yes, love. Anchored by Softway's own transformational journey, Love as a Business Strategy offers a new, people-first framework for achieving any business outcome-written by folks that aren't fans of run-of-the-mill business books. As a matter of fact, Love as a Business Strategy is so chock-full of real-world examples of mistakes, heartbreak, and redemption that it reads more like a juicy exposé than a business book. Love as a Business Strategy steers clear from piety and theoretical concepts and instead shares grounded stories of resilient people running a real business. A business, as you'll come to find out, that was on the brink of disaster before 'love' took hold. Love As A Business Strategy doesn't preach or mislead, rather it lays out the blueprints for better business outcomes-like better employee engagement, enhanced patient experiences, and increased efficiency-then walks you through it step-by-step. A better way of doing business is possible. The workplace revolution has arrived. Love as a Business Strategy will help you ditch the status quo, embrace humanity, and achieve lasting success.

The delivery of quality legal services requires that lawyers function as customer service representatives as well as legal technicians. Succeeding as Outside Counsel was written by an in-house lawyer with over 15 years of experience managing and utilizing the services of outside counsel. As a result, this book provides outside counsel with practical guidance on how to improve the level of service they provide and how to deepen their relationships with their clients all from a client s perspective. This essential guide will discuss how outside counsel have excelled, where they have fallen short, and what they need to do to serve the comprehensive needs of the client by adding value that goes far beyond any individual matter."

From the team that brought you The Obstacle Is the Way and Ego Is the Enemy, a beautiful daily devotional of Stoic meditations—an instant Wall Street Journal and USA Today Bestseller. Why have history's greatest minds—from George Washington to Frederick the Great to Ralph Waldo Emerson, along with today's top performers from Super Bowl-winning football coaches to CEOs and celebrities—embraced the wisdom of the ancient Stoics? Because they realize that the most valuable wisdom is timeless and that philosophy is for living a better life, not a classroom exercise. The Daily Stoic offers 366 days of Stoic insights and exercises, featuring all-new translations from the Emperor Marcus Aurelius, the playwright Seneca, or slave-turned-philosopher Epictetus, as well as lesser-known luminaries like Zeno, Cleanthes, and Musonius Rufus. Every day of the year you'll find one of their pithy, powerful quotations, as well as historical anecdotes, provocative commentary, and a helpful glossary of Greek terms. By following these teachings over the course of a year (and, indeed, for years to come) you'll find the serenity, self-knowledge, and resilience you need to live well.

An anthology of verse versions of Seneca from the Middle Ages to the present day, with a special concentration on Elizabethan verse drama.

The Existentialist's Survival Guide

Canadian Democracy

With an English Translation

Resilience, Belonging & Success

The Daily Stoic Journal

How to Give

Reading Seneca

One of the great fears many of us face is that despite all our effort and striving, we will discover at the end that we have wasted our life. In A Guide to the Good Life, William B. Irvine plumbs the wisdom of Stoic philosophy, one of the most popular and successful schools of thought in ancient Rome, and shows how its insight and advice are still remarkably applicable to modern lives. In A Guide to the Good Life, Irvine offers a refreshing presentation of Stoicism, showing how this ancient philosophy can still direct us toward a better life. Using the psychological insights and the practical techniques of the Stoics, Irvine offers a roadmap for anyone seeking to avoid the feelings of chronic dissatisfaction that plague so many of us. Irvine looks at various Stoic techniques for attaining tranquility and shows how to put these techniques to work in our own life. As he does so, he describes his own experiences practicing Stoicism and offers valuable first-hand advice for anyone wishing to live better by following in the footsteps of these ancient philosophers. Readers learn how to minimize worry, how to let go of the past and focus our efforts on the things we can control, and how to deal with insults, grief, old age, and the distracting temptations of fame and fortune. We learn from Marcus Aurelius the importance of prizing only things of true value, and from Epictetus we learn how to be more content with what we have. Finally, A Guide to the Good Life shows readers how to become thoughtful observers of their own lives. If we watch ourselves as we go about our daily business and later reflect on what we saw, we can better identify the sources of distress and eventually avoid that pain in our life. By doing this, the Stoics thought, we can hope to attain a truly joyful life.

An activism handbook for teen girls ready to fight for change, social justice, and equality. Take on the world and make some serious change with this handbook to everything activism, social justice, and resistance. With in-depth guides to everything from picking a cause, planning a protest, and raising money to running dispute-free meetings, promoting awareness on social media, and being an effective ally, Girls Resist! will show you how to go from “mad as heck about the way the world is going” to “effective leader who gets stuff done.” Veteran feminist organizer KaeLyn Rich shares tons of expertise that’ll inspire you as much as it teaches you the ropes. Plus, quotes and tips from fellow teen girl activists show how they stood up for change in their communities. Grab this handbook to crush inequality, start a revolution, and resist!

Explores the moral struggles, political intrigues and violent vendettas that enmeshed Seneca, the ancient Roman writer and philosopher, in the brutal daily lives of the imperial family and the regime of his student, Nero.

When Elizabeth Cady Stanton was a little girl in the early 1800s, she realized that most people seemed to think that boys were better than girls. As Stanton grew up, she saw that women had fewer opportunities than men. With this in mind, Elizabeth Cady Stanton and her longtime friend Lucretia Mott organized the nation's first women's rights convention, which took place in Seneca Falls, New York, In 1848.

How to Die

A Concise Introduction

The Daily Stoic

The Most Comprehensive Plan Ever Proposed to Reverse Global Warming

Seneca, Epistulae Morales Book 2

Handbook of Security Contract Negotiation

Dialogues and Essays

“When it comes to living, there’s no getting out alive. But books can help us survive, so to speak, by passing on what is most important about being human before we perish. In The Existentialist’s Survival Guide, Marino has produced an honest and moving book of self-help for readers generally disposed to loathe the genre.” —The Wall Street Journal Sophisticated self-help for the 21st century—when every crisis feels like an existential crisis Soren Kierkegaard, Frederick Nietzsche, Jean-Paul Sartre, and other towering figures of existentialism grasped that human beings are, at heart, moody creatures, susceptible to an array of psychological setbacks, crises of faith, flights of fancy, and other emotional ups and downs. Rather than understanding moods—good and bad alike—as afflictions to be treated with pharmaceuticals, this swashbuckling group of thinkers generally known as existentialists believed that such feelings not only offer enduring lessons about living a life of integrity, but also help us discern an inner spark that can inspire spiritual development and personal transformation. To listen to Kierkegaard and company, how we grapple with these feelings shapes who we are, how we act, and, ultimately, the kind of lives we lead. In The Existentialist's Survival Guide, Gordon Marino, director of the Hong Kierkegaard Library at St. Olaf College and boxing correspondent for The Wall Street Journal, recasts the practical takeaways existentialism offers for the twenty-first century. From negotiating angst, depression, despair, and death to practicing faith, morality, and love, Marino dispenses wisdom on how to face existence head-on while keeping our hearts intact, especially when the universe feels like it’s working against us and nothing seems to matter. What emerges are life-altering and, in some cases, lifesaving epiphanies—existential prescriptions for living with integrity, courage, and authenticity in an increasingly chaotic, uncertain, and inauthentic age.

This book is the first modern commentary on the second book of Seneca's Epistulae Morales. It contains a substantial introduction and a text and translation of the nine letters that constitute the second book of the Epistulae Morales.

A desperate Kremlin takes advantage of a military crisis in Asia to simultaneously strike into Western Europe and invade east Africa in a bid to occupy three Rare Earth mineral mines that will give Russia unprecedented control for generations over the world's hi-tech sector. Pitted against the Russians are a Marine lieutenant colonel pulled out of a cushy job at the Pentagon and thrown into the fray in Africa, a French Special Forces captain and his intelligence operative father, a young Polish female partisan fighter, an A-10 Warthog pilot, and the commander of an American tank platoon who, along with his German counterpart, fight from behind enemy lines in Germany all the way into Russia.

"Written as a moral essay to his friend Paulinus, Seneca's ... words still pack a powerful punch two thousand years later. With its brash rejection of materialism, conventional lifestyles and groupthink, [the book] is as relevant as ever."--Back cover.

366 Days of Writing and Reflection on the Art of Living

On the Shortness of Life

To Lucilius

A Guide to Activism, Leadership, and Starting a Revolution

Dying Every Day

Girls Resist!

Love on the Fireline

• New York Times bestseller • The 100 most substantive solutions to reverse global warming, based on meticulous research by leading scientists and policymakers around the world “At this point in time, the Drawdown book is exactly what is needed; a credible, conservative solution-by-solution narrative that we can do it. Reading it is an effective inoculation against the widespread perception of doom that humanity cannot and will not solve the climate crisis. Reported by-effects include increased determination and a sense of grounded hope.” —Per Espen Stoknes, Author, What We Think About When We Try Not To Think About Global Warming “There’s been no real way for ordinary people to get an understanding of what they can do and what impact it can have. There remains no single, comprehensive, reliable compendium of carbon-reduction solutions across sectors. At least until now. . . . The public is hungry for this kind of practical wisdom.” —David Roberts, Vox “This is the ideal environmental sciences textbook—only it is too interesting and inspiring to be called a textbook.” —Peter Kareiva, Director of the Institute of the Environment and Sustainability, UCLA In the face of widespread fear and apathy, an international coalition of researchers, professionals, and scientists have come together to offer a set of realistic and bold solutions to climate change. One hundred techniques and practices are described here—some are well known; some you may have never heard of. They range from clean energy to educating girls in lower-income countries to land use practices that pull carbon out of the air. The solutions exist, are economically viable, and communities throughout the world are currently enacting them with skill and determination. If deployed collectively on a global scale over the next thirty years, they represent a credible path forward, not just to slow the earth’s warming but to reach drawdown, that point in time when greenhouse gases in the atmosphere peak and begin to decline. These measures promise cascading benefits to human health, security, prosperity, and well-being—giving us every reason to see this planetary crisis as an opportunity to create a just and livable world.

Join Kira Christopher as she adventures in the west. Take a day to walk in the boots of a wildland firefighter. Travel from Dunkirk, Ohio, to Pinedale, Wyoming, to the front lines of a wildfire. Attend fire school, engine rides, helicopter escapades, hot boys, and more. Eat, sleep, and breathe with your crew. Experience the food, exercise, smoke, hardships, brotherhood, and love on the fire line.

Love as a Business Strategy

The Stoic Challenge: A Philosopher's Guide to Becoming Tougher, Calmer, and More Resilient

An Ancient Guide to the End of Life