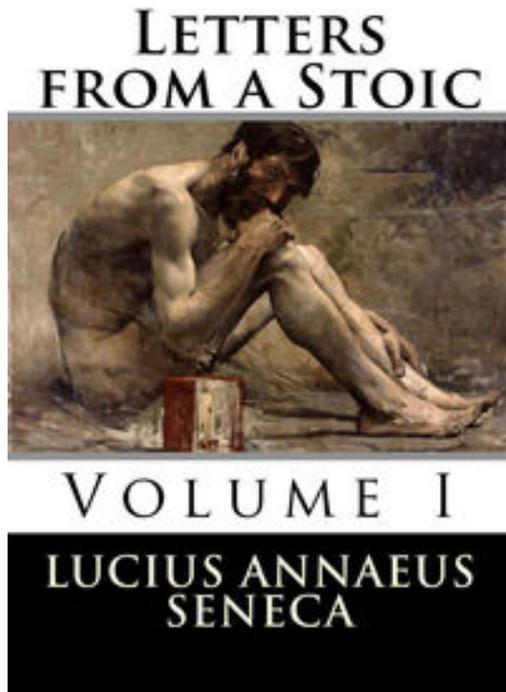


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Written over two thousand years ago, Seneca's moral letters to his friend Lucilius - aka *Letters from a Stoic* - still holds the power to enthrall. For a new generation of Stoic students and practitioners (and the merely curious), this lively, timeless guide to living the good life is essential reading. The epistles were written by Seneca at the end of his life, during his retirement, after he had worked for the Emperor Nero for fifteen years. They are addressed to Lucilius, the then procurator of Sicily, although he is known only through Seneca's writings. Whether or not Seneca and Lucilius actually corresponded, or whether in fact Seneca created the work as a form of fiction, is not clear from the historical record.

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