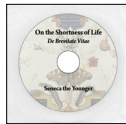


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## On the Shortness of Life

*Seneca the Younger (c. 4 BC – 65 AD)*

Read by: D. S. Harvey                      Genre: Essays  
 Length: 1 hour and 20 minutes        Style: Solo  
 Language: English

Product Formats and Options				
Format	Package	Catalog	EAN/UPC	MSLP
MP3 CD	DVD case	DB-5021	0674012595559	\$7.99
MP3 CD	CD jacket	CJ-5021	0674012595566	\$7.99
MP3 CD	Security sleeve	CD-5021	NA	\$3.49
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“**On the Shortness of Life**” is a work written by the Roman philosopher Seneca. In this treatise, Seneca argues that life is short, and that people often waste their time on unnecessary pursuits. He asserts that people are too focused on the future and not present enough in the moment, which leads to a feeling of dissatisfaction and unfulfillment.

Seneca points out that people often postpone important actions, such as self-improvement, until it’s too late. He suggests that people should focus on living in the present and making the most of their time. He also encourages people to set goals and work towards achieving them, rather than wasting time on frivolous activities.

The philosopher emphasizes that time is the most valuable commodity and once it’s gone, it can never be regained. He states that people should be aware of the fleeting nature of life and make the most of every moment. He encourages people to use their time wisely and to make every day count, instead of living for tomorrow.

In conclusion, Seneca’s “**On the Shortness of Life**” is a reminder to people to be mindful of the value of time and to make the most of every moment. It encourages people to focus on the present, set goals, and work towards achieving them, rather than wasting time on things that are not important.

**Lucius Annaeus Seneca**, popularly known as **Seneca the Younger (c. 4 BC – 65 AD)**, was a Roman Stoic philosopher, statesman, and playwright. He was a tutor and advisor to the emperor Nero, and his writings were widely read in the ancient world. Seneca’s philosophy emphasized the importance of self-control and the rejection of excessive emotion as a guide to leading a virtuous life. He also wrote about the importance of living in harmony with nature and being content with one’s circumstances. He was exiled by the emperor Claudius but later was recalled to serve as a tutor of Nero. He played a key role in the first years of Nero’s rule but later fell out of favor and was ordered by Nero to commit suicide. Seneca’s works include moral essays, plays, and letters, many of which are still widely read today. He was an influential figure in the development of both Stoicism and the Renaissance and had a great influence on Christianity.