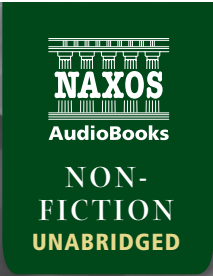


# On the Happy Life

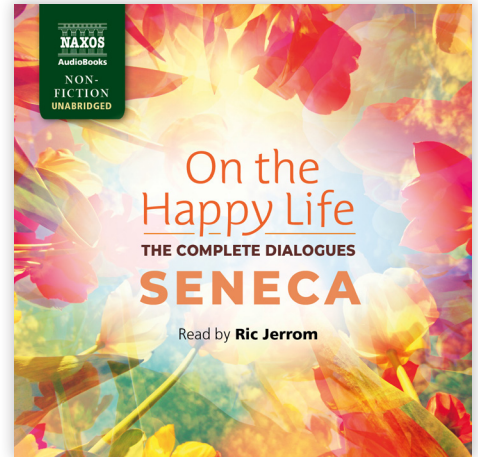
## THE COMPLETE DIALOGUES

# SENECA

Read by **Ric Jerrom**



In his dialogues the Stoic philosopher Seneca outlines his thoughts on how to live in a troubled world. Tutor to the young emperor Nero, Seneca wrote practical philosophical exercises that draw upon contemporary Roman life and illuminate the intellectual concerns of the day. The dialogues also have much to say to the modern reader, as they range widely across subjects such as the shortness of life, tranquillity of mind, anger, mercy, happiness, and grief at the loss of a loved one. Seneca's accessible, aphoristic style makes his writing especially attractive as an introduction to Stoic philosophy, and belies its reputation for austerity and dogmatism.



**Total running time: 14:30:20**

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**Ric Jerrom** has devised and co-performed in interactive theatre events in over 40 countries for over 40 years, often with his main associates, the Natural Theatre Company of Bath, but also for The British Council, among many others. His workshops and lectures have instigated many other interactive theatre events worldwide. A lover of words and sound, he has recorded extensively for BBC Radio.

<b>1 On the Happy Life</b>	11:08	<b>22 On Peace of Mind</b>	11:42
2 Our highest good may also be defined otherwise...	12:08	23 I have long been silently asking myself, my friend...	12:45
3 What answer are we to make to the reflection...	10:03	24 You ask me what I think we had better make use...	11:38
4 When I say that I do nothing for the sake of pleasure...	13:17	25 Could you anywhere find a more miserable city than...	11:25
5 'But what,' asks our adversary, 'is there to hinder...'	13:05	26 Let us now pass on to the consideration of property...	11:36
6 They say that Diodorus, the Epicurean philosopher...	14:38	27 Suppose, however, that your life has become full of...	11:39
7 Cease, then, forbidding philosophers to possess...	9:31	28 If a man takes this into his inmost heart and looks...	8:01
8 Learn, then, since we both agree that they are...	9:25	29 It was, I imagine, following out this principle...	12:32
9 This is what the man will say who possesses wisdom...	8:50	30 There comes now a part of our subject which is wont...	12:43
<b>10 On the Shortness of Life</b>	11:58	<b>31 On Anger. Book One</b>	14:25
11 You will see that the most powerful and highly placed...	12:31	32 Whether it be according to nature will become evident...	13:05
12 And there is no reason for you to suppose...	11:59	33 In the next place, anger has nothing useful in itself...	14:09
13 Life is divided into three periods – that which has been...	13:24	34 Moreover, qualities which we ought to possess...	13:13
14 It would be tedious to mention all the different men...	10:37	35 Aristotle says that 'certain passions, if one makes...'	9:36
15 Not one of these will force you to die, but all will...	11:06	36 Such men, therefore, are held back by the bystanders...	10:40
16 And so, my dearest Paulinus, tear yourself away from...	10:25	<b>37 Book Two</b>	13:51
<b>17 On Providence</b>	14:30	38 'Virtue,' argues our adversary, 'ought to be angry...'	15:00
18 Of all these propositions that which I have stated...	11:05	39 'Anger,' says our opponent, 'is useful, because it...'	14:54
19 Prosperity comes to the mob, and to low-minded men...	12:01	40 Those animals, urges our opponent, are held to be...	11:25
20 Add to this that it is to the advantage of every one...	9:53	41 It is, I assure you, of the greatest service to boys...	13:44
21 'Yet, why does God permit evil to happen to good...'	8:07	42 We are angry, either with those who can...	14:10

43	Some offences we ourselves witness: in these cases...	14:47	59	<b>On Clemency. Book One</b>	10:57
44	We must, therefore, refrain from anger...	11:29	60	But these matters will be treated of better...	14:34
45	<b>Book Three</b>	14:03	61	Since I have made mention of the gods...	11:44
46	You ask me, whither does all this tend?	11:38	62	'Cinna, when I found you in the enemy's camp...'	14:09
47	Since we know not how to endure an injury...	12:38	63	A calm and peaceful king trusts his guards...	14:25
48	A large part of mankind manufactures its own...	12:25	64	No creature is more self-willed, requires more careful...	12:15
49	I have no doubt that Harpagus must have given...	12:45	65	Vengeance effects two purposes: it either affords...	8:15
50	It is to the purpose that we should know how...	11:14	66	Cruelty is far from being a human vice...	7:46
51	This man's grandson was Alexander, who used to hurl...	12:54	67	<b>Book Two</b>	9:31
52	How far better is it to heal an injury than to avenge it?	14:10	68	Just as the gods are worshipped by religion...	11:15
53	Let different qualities in different people...	9:07	69	<b>On the Firmness of the Wise Man</b>	12:40
54	All our senses should be educated into strength...	9:42	70	If you think fit, my Serenus, let us distinguish between...	10:31
55	To one class of men you will say, 'Beware, lest your...'	11:15	71	You have no cause for saying, as you are wont to do...	11:41
56	<b>On Leisure</b>	8:51	72	Since we have now discussed the first part of our...	13:13
57	Let us grasp the fact that there are two republics...	8:44	73	Such madness possesses some men...	9:28
58	'But,' say you, 'it makes a difference whether you...'	9:08	74	Chrysippus says that a man was enraged...	11:32

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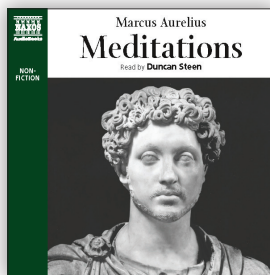
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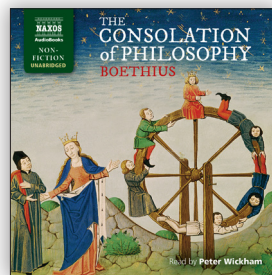
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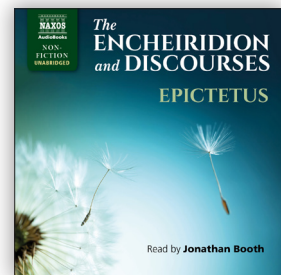
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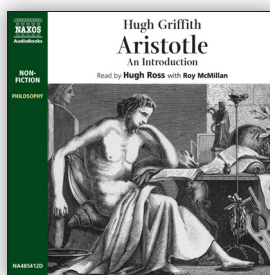
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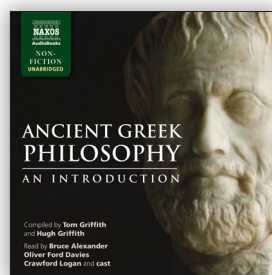
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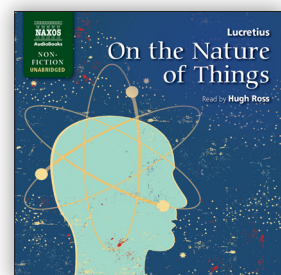
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