

Marcus Aurelius

Meditations

Read by **Duncan Steen**

One of the most significant books ever written by a head of State, the *Meditations* are a collection of philosophical thoughts by the Emperor Marcus Aurelius (121–180 CE). Covering issues such as duty, forgiveness, brotherhood, strength in adversity and the best way to approach life and death, the *Meditations* have inspired thinkers, poets and politicians since their first publication more than 500 years ago. Today, the book stands as one of the great guides and companions – a cornerstone of Western thought.



Duncan Steen was ordained into the Western Buddhist Order in 1986. He is the author of *The Middle Way* (Naxos AudioBooks), *Meditating* and *Warrior of Peace* (both Windhorse Publications). He has read *Karma and Rebirth – In a Nutshell* for Naxos AudioBooks.

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