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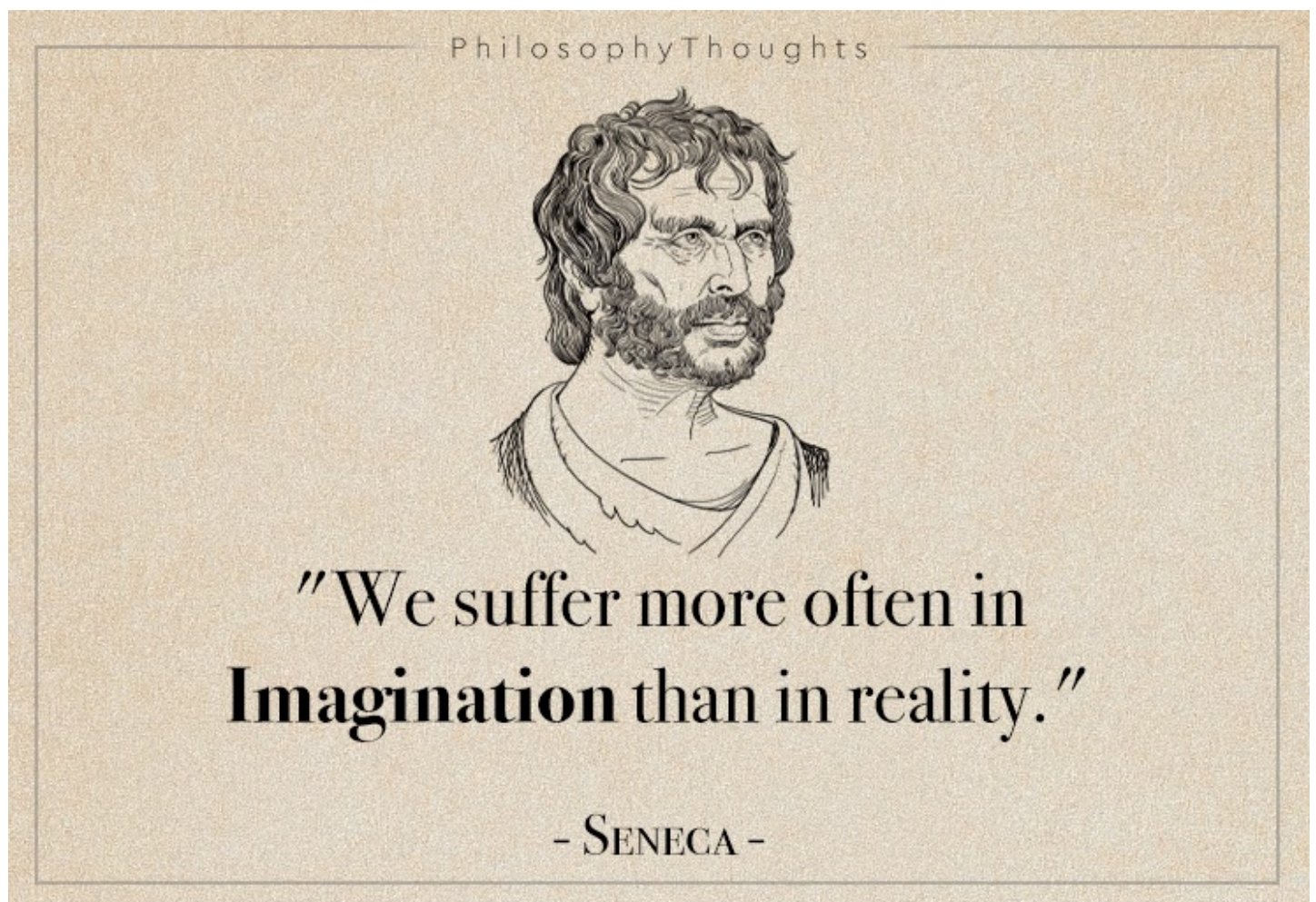
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15 Deep Philosophy Quotes From "Seneca"

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1. "Religion is regarded by the common people as true, by the wise as false, and by rulers as useful."

- Seneca

2. "Sometimes even to live is an act of courage."

- Seneca

3. "Associate with people who are likely to improve you.

Welcome those who you are capable of improving.

The process is a mutual one: men learn as they teach."

- Seneca

4. "Being poor is not having too little, it is wanting more."

- Seneca

5. "Luck is what happens when preparation meets opportunity."

- Seneca

6. "Every night before going to sleep, we must ask ourselves:

What weakness did I overcome today? What virtue did I acquire?"

- Seneca

7. "A gem cannot be polished without friction, nor a man perfected without trials."

- Seneca

8. "Time heals what reason cannot."

- Seneca

9. "One of the most beautiful qualities of true friendship,

Is to understand and to be understood."

- Seneca

10. "The greatest remedy for anger is delay."

- Seneca

11. "If a man does not know what port he is steering for, no wind is favorable to him."

- Seneca

12. "What you think about yourself is much more important than what others think of you."

- Seneca

13. "Difficulties strengthen the mind, as labor does the body."

- Seneca

14. "The whole future lies in uncertainty: live immediately."

- Seneca

15. "True happiness is to enjoy the present,

without anxious dependence upon the future,

not to amuse ourselves with either hopes or fears but to rest satisfied with what we have,

which is sufficient, for he that is so, wants nothing. "

- Seneca

You can't improve if you don't know what you're doing wrong.

- Make time for stillness
- Master over your mind
- Practice decision-making skills

Work on your mental models. Practice critical thinking

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