Twitter Thread by Andrew Duggan



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10 Powerful Lessons from Marcus Aurelius

| Thread

1. "The more we value things outside our control, the less control we have."

- Marcus Aurelius

2. "Receive without conceit, release without struggle."

- Marcus Aurelius

3. "To love only what happens, what was destined. No greater harmony."

- Marcus Aurelius

4. "Be tolerant with others and strict with yourself. "

- Marcus Aurelius

5. "Reject your sense of injury and the injury itself disappears. "

- Marcus Aurelius

6. "When you arise in the morning, think of what a precious privilege it is to be alive - to breathe, to think, to enjoy, to love."

- Marcus Aurelius

7. "Each of us needs what nature gives us, when nature gives it."

- Marcus Aurelius

8. "Everything we hear is an opinion, not a fact. Everything we see is a perspective, not the truth. "

- Marcus Aurelius

9. "The happiness of your life depends upon the quality of your thoughts."

- Marcus Aurelius

10. "The best answer to anger is silence."

- Marcus Aurelius

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> — Andrew Duggan (@ajdduggan) March 15, 2022