

## *Meditations*

**Marcus Aurelius - Meditations - Audiobook**  
**Meditations of Marcus Aurelius -**  
**SUMMARIZED - (22 Stoic Principles to Live**  
**by) Stoicism - Meditations by Marcus**  
**Aurelius Animated Book Summary The**  
**Meditations - Audiobook by Marcus Aurelius**  
**POWERFUL! Guided Visualization**  
**Meditation: Open the Magic Book - It will**  
**answer your questions Letting Go: A Guided**  
**Meditation, The Magic Book, Spoken Word**  
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***Guided Meditations - Tara Brach***

***Meditations is a series of personal writings by Marcus Aurelius, Roman Emperor 161-180 CE, setting forth his ideas on Stoic philosophy. Marcus Aurelius wrote the 12 books of the Meditations as a source for his own guidance and self-improvement. His stoic ideas often involve avoiding indulgence in sensory affections, a skill which, he says, will free a man from the pains and pleasures of the ...***

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