

Penetrating Wisdom from Marcus Aurelius

1. "Waste no more time arguing what a good man should be. Be one."
2. "Never esteem anything as of advantage to you that will make you break your word or lose your self-respect."
3. "Nowhere can man find a quieter or more untroubled retreat than in his own soul."
4. "There is a limit to the time assigned you, and if you don't use it to free yourself it will be gone and never return."
5. "Adapt yourself to the environment in which your lot has been cast, and show true love to the fellow-mortals with whom destiny has surrounded you."
6. "When you wake up in the morning, tell yourself: The people I deal with today will be meddling, ungrateful, arrogant, dishonest, jealous, and surly. They are like this because they can't tell good from evil."
7. "You suffer justly if you choose to become good tomorrow rather than to be good today."

8. "Our life is what our thoughts make it."