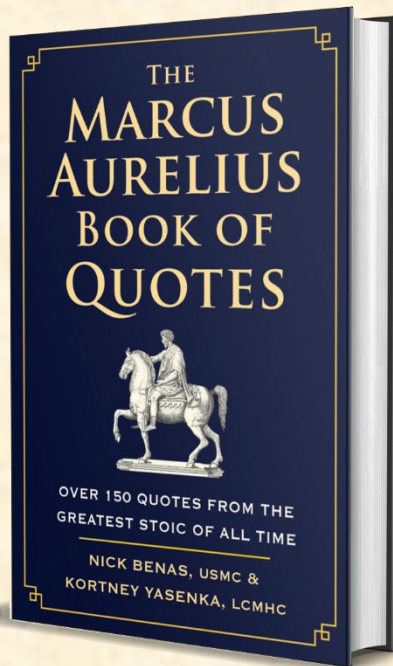


ON SALE: APRIL 29, 2025



A collection of quotes and sayings from Marcus Aurelius, one of the greatest Stoic philosophers.

ISBN: 9781961293250 * \$13.50 / \$17.50 CAN

Hardcover * 4-3/4 x 7-1/8 * 128 pp

Marcus Aurelius lived a life that exemplified the principles of Stoicism. By adopting this mindset, he gained profound control over his thoughts, feelings and actions. **THE MARCUS AURELIUS BOOK OF QUOTES** brings together over 150 of his most insightful sayings and observations.

The teachings of Marcus Aurelius provide a roadmap to a balanced, contented, and purposeful life. The wisdom contained in **THE MARCUS AURELIUS BOOK OF QUOTES** continues to resonate, offering clarity and direction for those seeking to navigate the complexities of modern living.

A GREAT GIFT FOR FANS OF STOICISM

Nick Benas and **Kortney Yasenka** are the authors of the best-selling *The Stoicism Book of Quotes*. A former United States Marine Sergeant and Iraq Combat Veteran, Nick Benas holds an undergraduate degree in Sociology and an MS in Public Policy. He has co-written several other books including *The Resilient Warrior*, *Mental Health Emergencies*, *Warrior Wisdom* and *The Warrior's Book of Virtues*. Kortney Yasenka is a licensed clinical mental health counselor who provides individual, family, and group therapy. Kortney is certified in trauma focused cognitive behavioral therapy and has experience working with veterans and active military personnel. She has a Masters in Counseling Psychology with a concentration in Health Psychology.

Published by Hatherleigh Press, Ltd.
Distributed by Penguin Random House

 **hatherleigh**
Improve your life. Change your world.

Penguin
Random
House

CONTACT YOUR PENGUIN RANDOM HOUSE SALES REP OR EMAIL CSORDERS @PENGUINRANDOMHOUSE