



## RECENT RELEASES

### BE FOREVER ANGER FREE!

## STOIC BOOK OF ANGER

(SENCA'S *ON ANGER* IN PLAIN ENGLISH)

*Stoic Book of Anger* is the plain English version of Seneca's classic trilogy, *On Anger*. Seneca's *On Anger* is probably one of the best books ever written on the subject. It is a detailed analysis of anger: what causes it, what price we pay for it, and how we can be totally free from it.

Seneca warns us that "NO PLAGUE HAS DONE GREATER HARM TO HUMANKIND." He had firsthand experience with anger, having faced the wrath of three Roman Emperors: Caligula, Claudius, and Nero.

## STOIC BOOK OF ANGER

### 1. ANGER: CAUSES & CONSEQUENCES

Volume 1 of *Stoic Book of Anger*, encompassing the first two books of *On Anger*, explores the causes and consequences of anger.

- What causes anger?
- Why is anger destructive?
- Does anger serve any useful purpose?
- Can we completely get rid of anger?
- How can we manage anger?

In the second companion volume, Seneca provides specific strategies to control and eliminate anger from our lives. If you are ever bothered by your anger (or the anger of others) you cannot afford not to read this Stoic classic. [Get your copy now!](#)

•

## STOIC BOOK OF ANGER

### 2. HOW TO BE ANGER-FREE

In Volume 2, which covers the third book of *On Anger*, Seneca answers questions like:

- Why we should avoid anger
- How to stop anger arising
- Historical examples we should avoid
- Historical examples we should follow
- What strategies you should adopt to be completely anger-free

If you are ever bothered by anger — either yours or others' — you cannot afford not to read this Stoic classic.

[Get your copy now!](#)