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On the Shortness of Life summary. This is my book summary of On the Shortness of Life by Seneca. My notes are informal and often contain quotes from the book as well as my own thoughts. This summary includes key lessons and important passages from the book. It is not that we have a short time to live, but that we waste a lot of it.

[On The Shortness of Life - Lucius Seneca](#)

Once I discovered Seneca, I immediately sought out his content which led me to On the Shortness of Life, which I now try to pick back up at least once a year. Usually at the end of the year when I tend to be more reflective. Philosophy is supposed to, more than anything else, teach us how to live better lives.

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On the Shortness of Life: Book Summary, Key Lessons, and Best Quotes. In his moral essay, On the Shortness of Life, Seneca, the Stoic philosopher and playwright, offers us an urgent reminder on the non-renewability of our most important resource: our time. It is a required reading for anyone who wishes to live to their full potential, and it is a manifesto on how to get back control of your life and

live it to the fullest.

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Seneca's On the Shortness of Life: 15 Top Quotes + Summary ...

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