

<<沉思录>>

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### 内容概要

《沉思录》，古罗马唯一一位哲学家皇帝马可·奥勒留所著，这本自己与自己的十二卷对话，内容大部分是他在鞍马劳顿中所写，是斯多葛派哲学（斯多亚哲学）的一个里程碑。

《沉思录》来自于作者对身羁宫廷的自身和自己所处混乱世界的感受，追求一种摆脱了激情和欲望、冷静而达观的生活。

马可·奥勒留在书中阐述了灵魂与死亡的关系，解析了个人的德行、个人的解脱以及个人对社会的责任，要求常常自省以达到内心的平静，要摒弃一切无用和琐屑的思想、正直地思考。

而且，不仅要思考善、思考光明磊落的事情，还要付诸行动。

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### 作者简介

作者：(古罗马)奥勒留(Marcus Aurelius) 译者：(英国)朗(Long.G.)

作者马可·奥勒留(121 - 180)，著名的“帝王哲学家”，拥有凯撒称号(Imperator Caesar)的他是罗马帝国五贤帝时代最后一个皇帝，于161年至180年在位。

马可·奥勒留是罗马帝国最伟大的皇帝之一。

他不但是一个很有智慧的君主，同时也是一个很有造就的思想家，有以希腊文写成的著作《沉思录》传世。

更值得一提的是，虽然他向往和平，却具有非凡的军事领导才干。

## 章节摘录

[ 13 ] When we have meat before us and such eatables, we receive the impression, that this is the dead body of a fish, and this is the dead body of a bird or a pig; and again, that this Falernian is only a little grape juice, and this purple robe some sheep's wool dyed with the blood of a shell-fish; such then are these impressions, and they reach the things themselves and penetrate them, and so we see what kind of things they are. Just in the same way ought we to act all through life, and where there are things which appear most worthy of our approbation, we ought to lay them bare and look at their worthlessness and strip them of all the words by which they are exalted. For outward show is a wonderful perverter of the reason, and when thou art most sure that thou art employed about things worthy pains, it is then that it cheats thee most. Consider then what Crates says of Xenocrates himself. [ 14 ] Most of the things which the multitude admire are referred to objects of the most general kind, those which are held together by cohesion or natural organization, such as stones, wood, fig-trees, vines, olives. But those which are admired by men, who are a little more reasonable, are referred to the things which are held together by a living principle, as flocks, herds. Those which are admired by men who are still more instructed are the things which are held together by a rational soul, not however a universal soul, but rational so far as it is a soul skilled in some art, or expert in some other way, or simply rational so far as it possesses a number of slaves.

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