

## *Contents*

Seneca and His World / *ix*  
Note on Essays and Their Sequence / *xxix*

### *Consolation to Marcia*

TRANSLATED BY HARRY M. HINE

Translator's Introduction / 3

*Consolation to Marcia* / 6

Notes / 37

### *Consolation to Helvia*

TRANSLATED BY GARETH D. WILLIAMS

Translator's Introduction / 45

*Consolation to Helvia* / 48

Notes / 73

### *Consolation to Polybius*

TRANSLATED BY HARRY M. HINE

Translator's Introduction / 79

*Consolation to Polybius* / 81

Notes / 101

### *On the Shortness of Life*

TRANSLATED BY GARETH D. WILLIAMS

Translator's Introduction / 107

*On the Shortness of Life* / 110

Notes / 135

*On the Constancy of the Wise Person*

TRANSLATED BY JAMES KER

Translator's Introduction / 143

*On the Constancy of the Wise Person* / 149

Notes / 169

References / 173

*On Tranquility of Mind*

TRANSLATED BY ELAINE FANTHAM

Translator's Introduction / 177

*On Tranquility of Mind* / 182

Notes / 209

Bibliography / 215

*On Leisure*

TRANSLATED BY GARETH D. WILLIAMS

Translator's Introduction / 219

*On Leisure* / 222

Notes / 231

*On the Happy Life*

TRANSLATED BY JAMES KER

Translator's Introduction / 235

*On the Happy Life* / 240

Notes / 267

References / 272

*On Providence*

TRANSLATED BY JAMES KER

Translator's Introduction / 277

*On Providence* / 282

Notes / 299

References / 303

Index / 305