

Seneca
– Or the Discovery of Tranquillity

“To live happily (...) is the desire of all men, but their minds are blinded to a clear vision of just what it is that makes life happy; and so far from its being easy to attain the happy life, the more eagerly a man strives to reach it, the farther he recedes from it if he has made a mistake in the road; for when it leads in the opposite direction, his very speed will increase the distance that separates him” – Seneca, On The Happy Life

“Seneca – oder die Entdeckung der Gelassenheit” [approx.: “Seneca - Or the Discovery of Tranquillity”] is a book which deals, among other things, with the important questions in life, such as: What is happiness? How important are reputation, money and power to me? – But also: How important are friendship, time and freedom to me? How do I want to live my life? Questions you should not only think about in the second half of your life. In a time in which the fast pace has increasingly become an overall societal problem, this book offers the opportunity to pause, to reflect your own daily activities and behaviour, to lay back and slow down yourself and your life.

Be it about contentedness, tranquillity, career or friendship, again and again Karl-Heinz Risto unconventionally links the views and thoughts of the philosopher Seneca with the life of a modern “heroine of everyday life”, who is looking for a fulfilled life and is faced with the daily imponderabilities which every reader knows in one form or another.

Due to the topicality of Seneca’s words we often can’t avoid wondering whether they were really already thought and written 2000 years ago.

At times the reader gets the feeling to be sitting beside Seneca and talking to him.

The chance to note your own thoughts, wishes and experience in many chapters and write a letter to Seneca makes this book a companion in your everyday work and private life.

“Seneca – oder die Entdeckung der Gelassenheit” gives the reader the opportunity to leave the familiar behavioural patterns and react differently to various situations of the daily routine.

The book does not give any answers – it rather poses questions and it is up to us how we want to answer these questions.

So let’s lay back and, in Seneca’s words: *“therefore let us find out what is best to do, not what is most commonly done.”*