

How to Be Content

author: Horace, Stephen Harrison - editor translator introduction

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Synopsis

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What the Roman poet Horace can teach us about how to live a life of contentment.

What are the secrets to a contented life? One of Rome's greatest and most influential poets, Horace (65-8 BCE) has been cherished for more than 2,000 years not only for his wit, style, and reflections on Roman society, but also for his wisdom about how to live a good life - above all else, a life of contentment in a world of materialistic excess and personal pressures. In *How to Be Content*, Stephen Harrison, a leading authority on the poet, provides fresh, contemporary translations of poems from across Horace's works that continue to offer important lessons about the good life, friendship, love, and death.

Living during the reign of Rome's first emperor, Horace drew on Greek and Roman philosophy, especially Stoicism and Epicureanism, to write poems that reflect on how to live a thoughtful and moderate life amid mindless overconsumption, how to achieve and maintain true love and friendship, and how to face disaster and death with patience and courage. From memorable counsel on the pointlessness of worrying about the future to valuable advice about living in the moment, these poems, by the man who famously advised us to *carpe diem*, or "harvest the day", continue to provide brilliant meditations on perennial human problems.

Reader's comments

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