



The Ten Golden Rules: Ancient Wisdom from the Greek Philosophers on Living the Good Life

By M. A. Soupios, Panos Mourdoukoutas

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Living the good life doesn't require a lot of money or even any faith. *The Ten Golden Rules* condenses the wisdom of the ancient Greeks into 10 memorable and easy-to-understand rules that, if lived by, can enable modern readers to have rich, meaningful lives.

Each chapter examines a rule:

1. Examine life
2. Worry only about those things under your control
3. Treasure friendship
4. Experience true pleasure
5. Master yourself
6. Avoid excess
7. Be a responsible human being
8. Don't be a prosperous fool
9. Don't do evil to others
10. Kindness to others tends to be rewarded

All chapters begin with a quote from one of the great Greek philosophers who inspired the rule, followed by a story or explanation of the rule and its importance in life, and end with teaching points on which to meditate and reflect.

Any reader searching for meaning will return to this simple, slim volume again and again to find tried-and-true wisdom that spans the ages to speak to us today.

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Editorial Review

About the Author

M. A. Soupios, PhD, is a professor at Long Island University, where he has taught for nearly 30 years. He has received several teaching awards and holds eight graduate degrees, including four earned doctorates.

Panos Mourdoukoutas, PhD, began his academic career at State University of Pennsylvania and continued at both Long Island University and Economic University at Athens.

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