

EVIDENCE : SEN_0015_EN

Title	De Ira (On Anger), Book I, chapter 1
Subtitle	Anger as a destructive force
Author	Seneca
Date / Historical era	Antiquity: c. 41–45 CE
Theme(s)	Hubris & Excessive Passion
Type of source	Stoic philosophical treatise
Language	EN

Excerpt

“Anger, if it is not controlled, harms us more often than the injury itself.”



Co-funded by
the European Union

Project number :
2024-2-FR01-KA210-SCH-000295678

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.