

**EVIDENCE : SEN\_0015\_LT\_EN**

<b>Title</b>	De Ira (On Anger), Book I, chapter 1
<b>Subtitle</b>	Anger as a destructive force
<b>Author</b>	Seneca
<b>Date / Historical era</b>	Antiquity: c. 41–45 CE
<b>Theme(s)</b>	Hubris & Excessive Passion
<b>Type of source</b>	Stoic philosophical treatise
<b>Language</b>	LT
<b>Translation</b>	Automatic translation generated using an AI-based tool and edited by the project team. This translation is provided for educational and non-commercial purposes

## Excerpt

“Ira, si non moderator, nocet saepius quam iniuria.”



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