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XI.5 Fortune, which regards our lives as a show in the arena for her own enjoyment, says, "Why should I spare you, base and cowardly creature that you are? you will be pierced and hacked with all the more wounds because you know not how to offer your throat to the knife: whereas you, who receive the stroke without drawing away your neck or putting up your hands to stop it, shall both live longer and die more quickly."

XI.6 He who fears death will never act as becomes a living man: but he who knows that this fate was laid upon him as soon as he was conceived will live according to it, and by this strength of mind will gain this further advantage, that nothing can befall him unexpectedly: for by looking forward to everything which can happen as though it would happen to him, he takes the sting out of all evils, which can make no difference to those who expect it and are prepared to meet it: evil only comes hard upon those who have lived without giving it a thought and whose attention has been exclusively directed to happiness.

XI.7 Disease, captivity, disaster, conflagration, are none of them unexpected: I always knew with what disorderly company Nature had associated me. The dead have often been wailed for in my neighbourhood: the torch and taper have often been borne past my door before the bier of one who has died before his time: the crash of falling buildings has often resounded by my side: night has snatched away many of those with whom I have become intimate in the forum, the Senate-house, and in society, and has sundered the hands which were joined in friendship: ought I to be surprised if the dangers which have always been circling around me at last assail me?