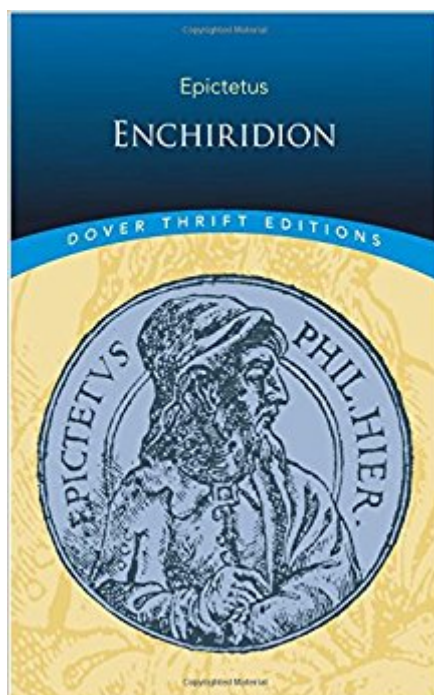


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Enchiridion (Dover Thrift Editions)



Synopsis

Although he was born into slavery and endured a permanent physical disability, Epictetus (ca. 50–ca. 130 AD) maintained that all people are free to control their lives and to live in harmony with nature. We will always be happy, he argued, if we learn to desire that things should be exactly as they are. After attaining his freedom, Epictetus spent his entire career teaching philosophy and advising a daily regimen of self-examination. His pupil Arrianus later collected and published the master's lecture notes; the *Enchiridion*, or *Manual*, is a distillation of Epictetus' teachings and an instructional manual for a tranquil life. Full of practical advice, this work offers guidelines for those seeking contentment as well as for those who have already made some progress in that direction. Translated by George Long.

Book Information

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Customer Reviews

Epictetus (c. 55 - c. 135) Epictetus (Ancient Greek: AD 55–ca. 135) was a Greek sage and Stoic philosopher. He was born a slave at Hierapolis, Phrygia (present day Pamukkale, Turkey), and lived in Rome until his banishment, when he went to Nicopolis in northwestern Greece for the rest of his life. His teachings were written down and published by his pupil Arrian in his *Discourses*. --This text refers to an alternate Paperback edition.

Can't say it is a "bad" book or poorly written . . . I just couldn't get into it.

One of my favorite reads since I discovered it in Phil 101 nearly forty years ago. The Stoics captured my heart and mind from the start. Good advice that hooks us up over time and applies to a variety of situations. It fits well so Ugo in other belief systems. Flexible and powerful.

good translation. good book. good advice.

I have enjoyed this book very much.

easy and applicable read

I wish it was much longer. There is so much wisdom here that speaks simply and directly to most things that matter in our lives.

Best summary of how to live an untroubled life. The translation is a little stilted but powerful.

Learning that things outside of your control have nothing to do with you is powerful. I buy these wholesale and give them out to clients I work with in a substance abuse treatment agency. Epictetus has a lot of credibility talking about freedom as he was a slave. This book changed my life and I couldn't recommend it more strongly.

My whole life before finding out about this book I was always inadvertently adhering to the guidelines of a stoic philosopher, but couldn't properly articulate my thoughts and organize them as well as I would have. Epictetus puts all of my thoughts in deep and timeless prose, conveniently split up into perfect, bite-sized chunks with memorable lines and quotes. Probably what I like most about Epictetus' teachings is that he has not only talked the talk, but walked the walk. His background only supports his stoic teachings experiences even further by showing that even a near-disabled slave forced to work for most of his early life, with no safety net to fall back on, can be free and happy. I can't think of a stronger test of a way of life than that one. The basic stoic philosophy is that our fate is already decided for us and we are powerless to control it, and though we apply both negative and positive connotations towards events that occur within our fate, ultimately fate (or as he refers to it as "the gods' will") is beyond our understanding and is neutral, so we are the only ones left that are punishing ourselves in times of seeming crisis. The true secret to happiness is learning to accept that we can't control outside forces, but we have total control and power over our own opinions and

actions. Through this method of thought, the stoic philosopher can endure the harshest, most crippling events, and come out unscathed or possibly even stronger, knowing that any negativity coming from any events is his own product of his ego lashing out to protect itself. With the lessons of Epictetus, you can learn to not run or hide from entropy and by doing so live your life in fear and senseless anger, but rather embrace it. And in your embracing of chaos you begin to realize that the universe is not in fact the recklessness you imagined, but ironically an almost entirely organized system of random acts. If you or someone you know are going through a hard time in life, there is almost no better reading than this book.

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