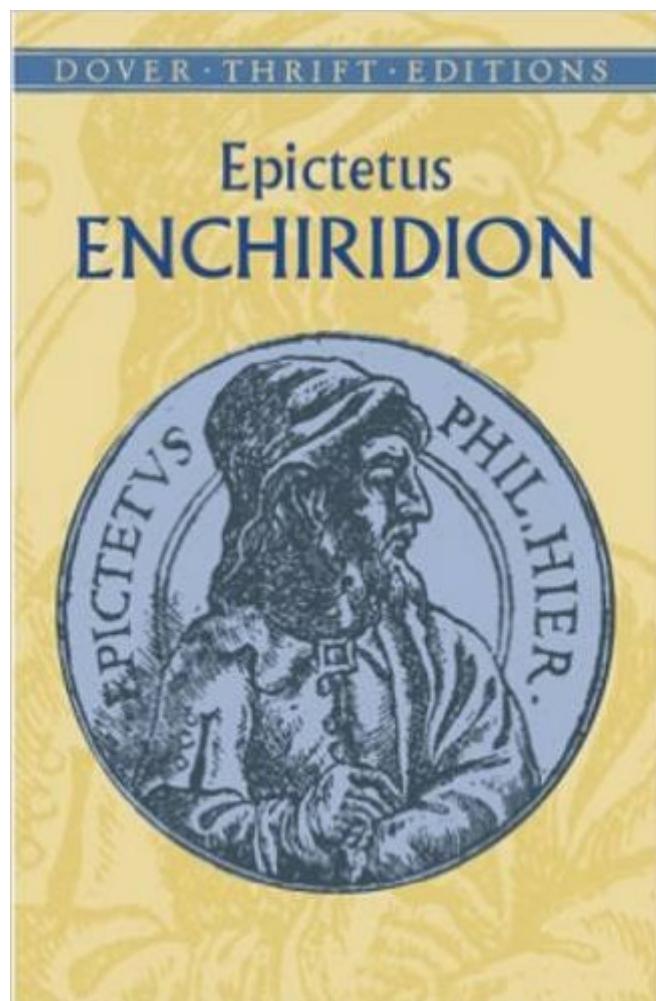


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# Enchiridion (Dover Thrift Editions)



## 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

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.

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