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The Enchiridion



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THE ENCHIRIDION



Synopsis

Epictetus was a Greek, Stoic philosopher who lived during the 1st and 2nd centuries A.D. The Enchiridion is a compilation of Stoic advice compiled by Arrian, a student of Epictetus. This edition is translated by Elizabeth Carter.

Book Information

File Size: 286 KB

Print Length: 41 pages

Publisher: Waxkeep Publishing (April 27, 2013)

Publication Date: April 27, 2013

Sold by:Â Digital Services LLC

Language: English

ASIN: B00CLFETRW

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #115,216 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #77

inÂ Books > Biographies & Memoirs > Professionals & Academics > Philosophers #233 inÂ Books > Politics & Social Sciences > Philosophy > Greek & Roman #450 inÂ Books > Literature & Fiction > Genre Fiction > Biographical

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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