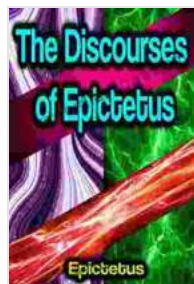


The Discourses of Epictetus: A Timeless Guide to Happiness and Freedom



The Discourses of Epictetus by Epictetus

★★★★☆ 4.8 out of 5

Language	: English
File size	: 2496 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 478 pages
Paperback	: 229 pages
Item Weight	: 9.6 ounces
Dimensions	: 5.5 x 0.75 x 8.25 inches



The Discourses of Epictetus is a collection of lectures and teachings by the Stoic philosopher Epictetus. Written down by his student Arrian, the Discourses offer practical advice on how to live a virtuous and fulfilling life.

Epictetus believed that the key to happiness is to accept the things we cannot change and to focus on the things we can. He taught that we should not be attached to material possessions or external circumstances, but should instead focus on developing our own inner strength and virtue.

The Discourses of Epictetus are full of wisdom and insight. They offer a timeless guide to happiness and freedom that is as relevant today as it was when they were first written.

Here are some of the key lessons from the Discourses of Epictetus:

- The only things that are truly under our control are our thoughts and actions.
- We should not be attached to material possessions or external circumstances.
- We should focus on developing our own inner strength and virtue.
- We should accept the things we cannot change and focus on the things we can.
- We should live in the present moment and not dwell on the past or worry about the future.

The Discourses of Epictetus is a challenging but rewarding read. It is a book that can help us to live more virtuous and fulfilling lives.

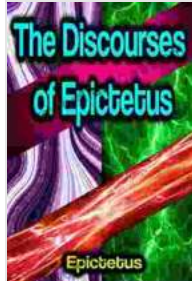
About the Author

Epictetus was born in Phrygia, Greece, around 55 AD. He was enslaved by the Roman emperor Nero and later became a freedman. Epictetus taught philosophy in Rome until he was banished by the emperor Domitian in 93 AD. He then moved to Nicopolis, Greece, where he continued to teach until his death around 135 AD.

Epictetus was one of the most influential Stoic philosophers. His teachings were highly respected by both his contemporaries and later philosophers.

The Discourses of Epictetus is a timeless guide to happiness and freedom. It is a book that can help us to live more virtuous and fulfilling lives.

If you are looking for a book that will challenge you to think deeply about life and how to live it, then I highly recommend reading the Discourses of Epictetus.



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