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Epictetus The Handbook

EPICTETUS. Very little is known of the life of Epictetus. It is said that he was a native of Hierapolis in Phrygia, a town between the Maeander and a branch of the Maeander named the Lycus.

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The Handbook of Epictetus

The Enchiridion or Handbook of Epictetus (Ancient Greek: ?????????????? ??????????, Enkheiríðion Epikt?tou) is a short manual of Stoic ethical advice compiled by Arrian, a 2nd-century disciple of the Greek philosopher Epictetus.

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Enchiridion of Epictetus - Wikipedia

This is a great little book that distils Epictetus teachings into an easy read straight to the point formula. This is great for little reminders as the teachings are internalised.

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The Good Life Handbook: Epictetus' Stoic Classic ...

In short, Enchiridion is a concentrated collection of Epictetus's wisest teachings and contains all the fundamentals of his philosophy. It is a guiding text and required reading for students of Stoic philosophy. The book focuses on the foundational Stoic principles, particularly that of not being concerned with what is out of your control.

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assessment to say that philosophy is not the field of study that demands my interest, nor is it the field that I would enjoy devoting a considerable amount of time to, I was quite surprised when undertaking Epictetus' handbook.

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Epictetus and His Handbook –  
Philosophy Essay

Enchiridion of Epictetus (Handbook)

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“Epictetus has had a long-standing resonance in the United States; his uncompromising moral rigour chimed in well with Protestant Christian beliefs and the ethical individualism that has been a persistent vein in American culture.

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Discourses, Fragments, Handbook  
Quotes by Epictetus  
Epictetus, Enchiridion George Long,  
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Epictetus, Enchiridion, chapter 1

The Enchiridion By Epictetus.

Commentary: A few comments have been posted about The Enchiridion.

Download: A 40k text-only version is available for download. The

Enchiridion By Epictetus Written 135 A.C.E. Translated by Elizabeth Carter.

1. Some things are in our control and others not. Things in our control are opinion, pursuit, desire, aversion, and, in a word, whatever are our own actions ...

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The Internet Classics Archive | The Enchiridion by Epictetus

This well translated little handbook explains clearly some of the fundamentals of stoicism. It will

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probably take you no more than an hour to read it all through the first time and then will remain with you as a source of easy reference for life.

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The Handbook The Encheiridion HPC  
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Amazon.com: The Handbook (The Encheiridion) (Hackett Classics) (8601420794450): Epictetus, Nicholas P. White: Books ... Funny Amazon should offer us to buy this book together with Enchiridion by Epictetus (Long Translation) when these two are in fact one and the same book, different translators and different supplemental background info/comments. Of course I only realized that when both books ...

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Epictetus's chief concerns are with integrity, self-management, and personal freedom, which he advocates by demanding of his students a thorough examination of two central ideas, the capacity he terms 'volition' (prohairesis) and the correct use of impressions (chr?sis t?n phantasi?n).

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Epictetus (Stanford Encyclopedia of Philosophy)

The Enchiridion (translated as manual or handbook) of Epictetus (Epic-tee-tus) is worth many readings. Even more, it is worth thinking about and translating into action. This is from the Robin Hard translation, and is only from The Enchiridion, not from the other discourses and fragments of his

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writings. A few thoughts from my most recent reading: Some things are within our power to control ...

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Discourses, Fragments, Handbook by Epictetus

The philosophy of Epictetus was an influence on the Roman Emperor Marcus Aurelius (AD 121 to AD 180) whose reign was marked by wars with the resurgent Parthia in western Asia and against the Germanic tribes in Europe. Aurelius quotes from Epictetus repeatedly in his own work, *Meditations*, written during his campaigns in central Europe.

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Epictetus - Wikipedia

The little book by Epictetus called *Enchiridion* or “manual” has played a

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disproportionately large role in the rise of modern attitudes and modern philosophy. As soon as it had been translated into the vernacular languages, it became a

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The Enchiridion, by Epictetus  
Epictetus quotes Showing 1-30 of 764  
“If anyone tells you that a certain person speaks ill of you, do not make excuses about what is said of you but answer, "He was ignorant of my other faults, else he would not have mentioned these alone.”

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representative, began as a  
recognizable movement around 300  
b.c. Its founder was Zeno of Cytium...

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