

Enchiridion: Golden Sayings from the Discourses of Epictetus



Epictetus: Enchiridion, Golden Sayings, Selection From the Discourses of Epictetus & The Teaching of Epictetus

★★★★★ 5 out of 5

Language	: English
File size	: 1954 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 569 pages
Lending	: Enabled



The *Enchiridion*, meaning "manual" or "handbook," is a collection of 52 short, powerful teachings from the Stoic philosopher Epictetus. Translated from the original Greek, these teachings offer practical guidance on how to live a virtuous and fulfilling life.

Epictetus was a Greek philosopher who lived in the 1st and 2nd centuries AD. He was a former slave who was freed by his master, the Roman emperor Nero. Epictetus taught that the only thing that is truly under our control is our own thoughts and actions. He believed that we should focus on living in accordance with nature and that we should not be attached to external things, such as wealth, power, or fame.

The *Enchiridion* is a collection of Epictetus's most important teachings. These teachings are divided into four parts:

1. **The nature of things:** This section discusses the nature of the universe and our place in it.
2. **The nature of human beings:** This section discusses the nature of human beings and our potential for happiness.
3. **The nature of virtue:** This section discusses the nature of virtue and how we can live a virtuous life.
4. **The nature of the good:** This section discusses the nature of the good and how we can achieve it.

The *Enchiridion* is a timeless classic that has inspired countless people over the centuries. It is a book that can help us to live a more virtuous and fulfilling life.

What is Stoicism?

Stoicism is a philosophy that teaches us to accept what we cannot change and to focus on what we can. Stoics believe that the only things that are truly under our control are our own thoughts and actions. We cannot control what happens to us, but we can control how we react to it.

Stoicism is not about being passive or indifferent. It is about being proactive and taking responsibility for our own lives. Stoics believe that we should live in accordance with nature and that we should not be attached to external things, such as wealth, power, or fame.

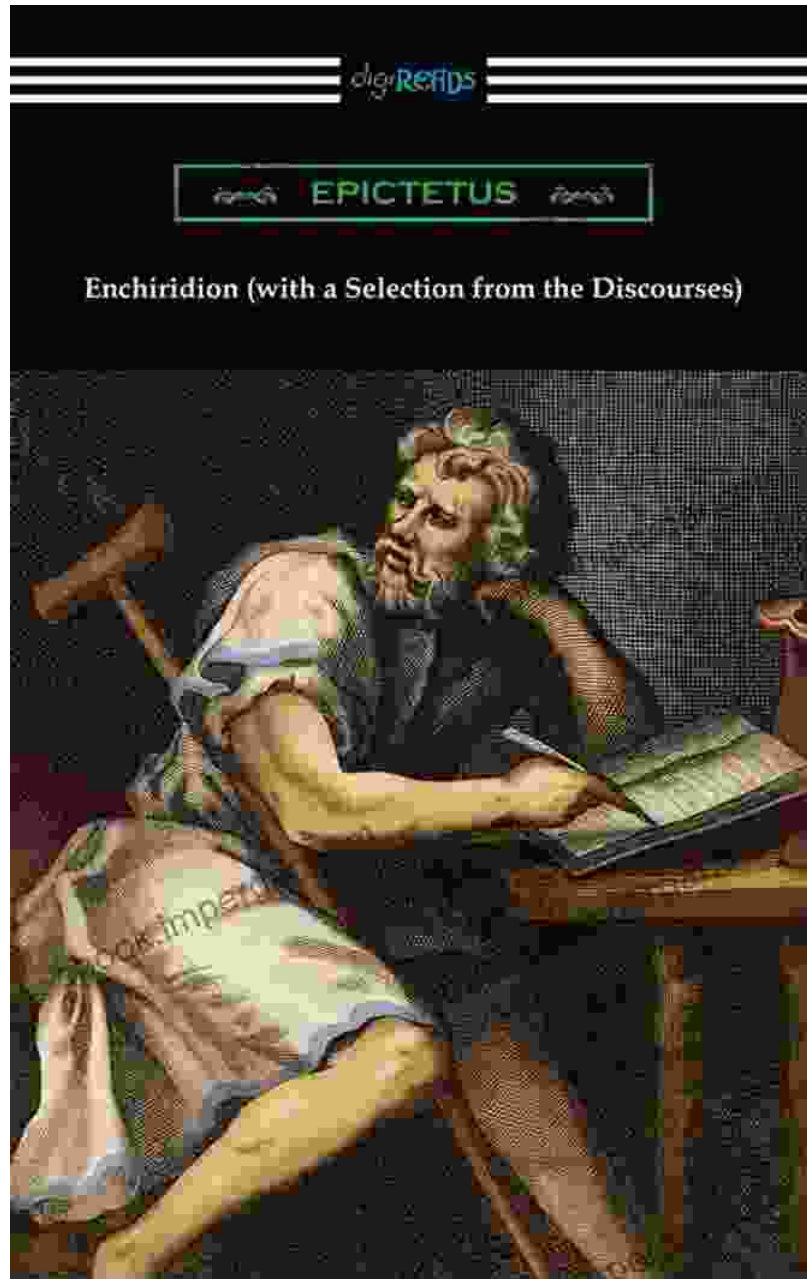
The *Enchiridion* is a great to Stoicism. It is a book that can help us to live a more virtuous and fulfilling life.

Benefits of Reading the Enchiridion

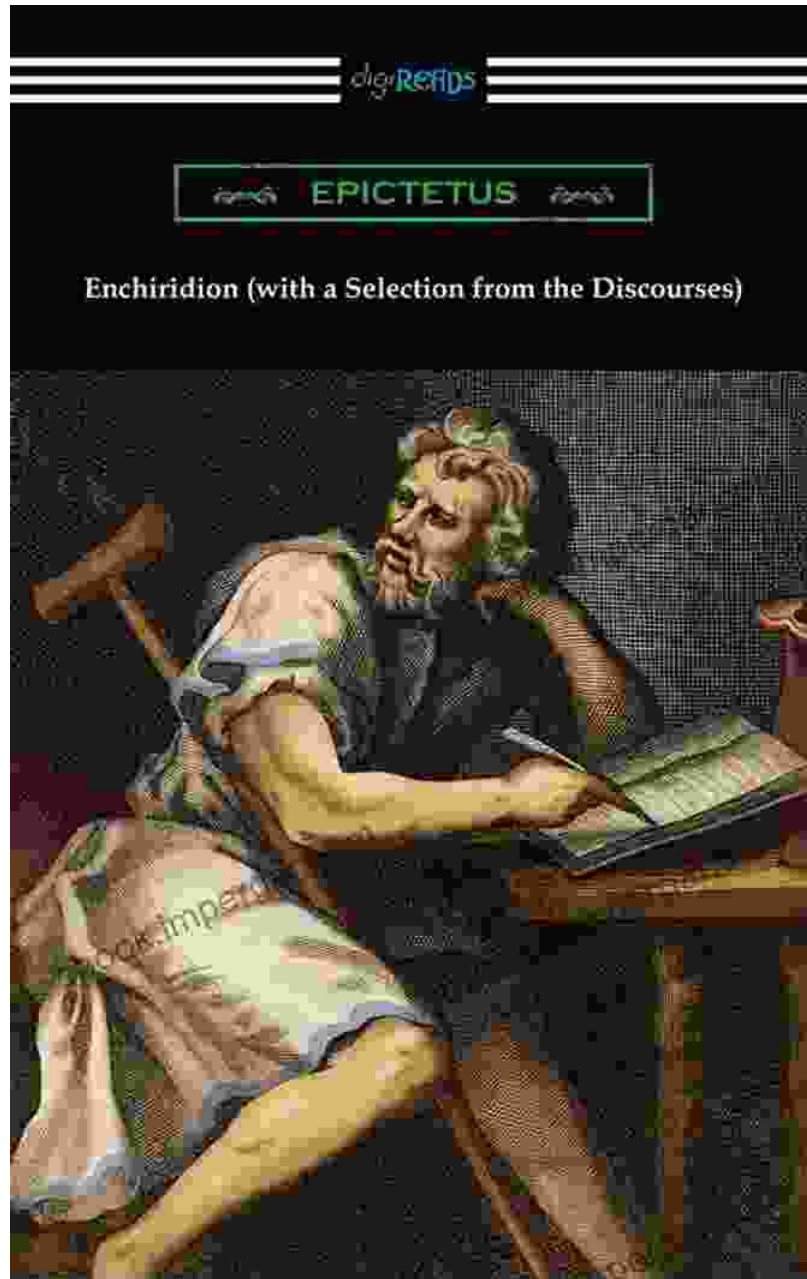
There are many benefits to reading the *Enchiridion*. Here are a few:



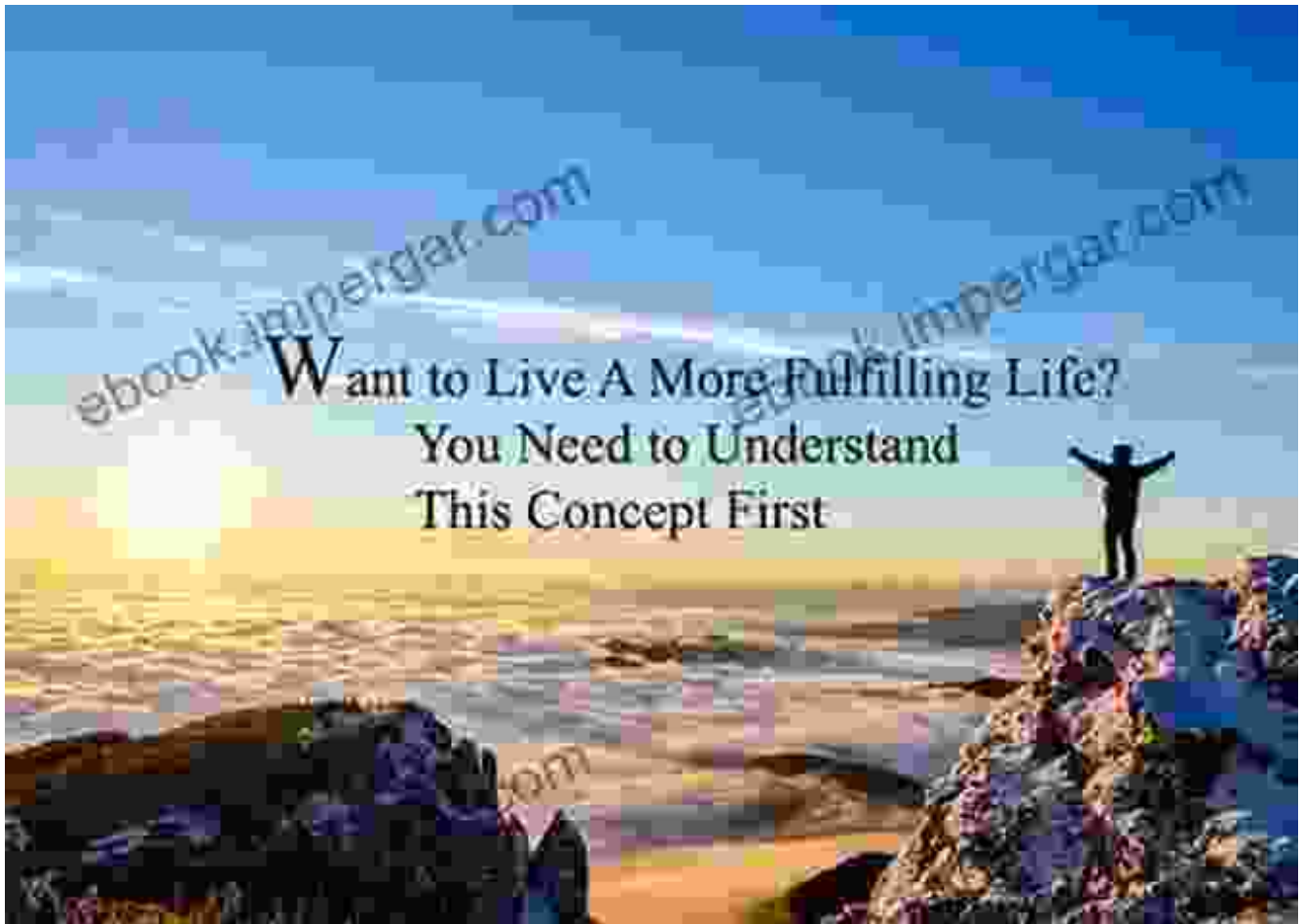
The *Enchiridion* can help us to reduce stress and anxiety by teaching us to focus on what we can control and to accept what we cannot.



The *Enchiridion* can help us to develop greater resilience by teaching us to face challenges with courage and determination.



The *Enchiridion* can help us to improve our decision-making by teaching us to think clearly and to make choices that are in line with our values.



The *Enchiridion* can help us to live a more fulfilling life by teaching us to focus on what is truly important and to live in accordance with our values.

Free Download Your Copy of the Enchiridion Today

The *Enchiridion* is a timeless classic that can help you to live a more virtuous and fulfilling life. Free Download your copy today!

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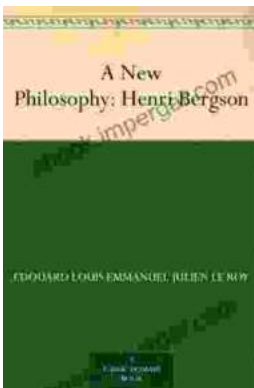
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