



# Enchiridion and Selections from the Discourses of Epictetus

*Epictetus*

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# Enchiridion and Selections from the Discourses of Epictetus

*Epictetus*

## **Enchiridion and Selections from the Discourses of Epictetus** Epictetus

Epictetus was an ancient Greek philosopher who lived between 55 and 135 AD and taught the philosophy of stoicism. Stoicism is the school of philosophy that teaches one to detach oneself from one's emotions so that truth may be derived from one's reason. To the stoic this detachment allows the natural law of the universe to reveal itself and harmony with the world can be achieved. This philosophy is exemplified in the "Enchiridion", which serves as a manual for the everyday practice of this philosophy. A more detailed examination of the philosophy of stoicism can be found within the discourses of Epictetus, of which a representative selection is presented here in this volume translated by George Long.



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