



The Enchiridion (Xist Classics)

Epictetus

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The Enchiridion (Xist Classics) Epictetus The Ultimate Manual about Stoicism

“The condition and characteristic of an uneducated person is this: he never expects from himself profit (advantage) nor harm, but from externals. The condition and characteristic of a philosopher is this: he expects all advantage and all harm from himself.” - Epictetus, Enchiridion

Know how to live without using your emotions, guided only by the mind. Learn how to see the mundane, how to approach situations that may or may not be in your direct control. Don't be afraid to make mistakes and most importantly, don't be afraid to change. This is what stoicism is all about.

This Xist Classics edition has been professionally formatted for e-readers with a linked table of contents. This ebook also contains a bonus book club leadership guide and discussion questions. We hope you'll share this book with your friends, neighbors and colleagues and can't wait to hear what you have to say about it.

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