



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

*Epictetus*

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Epictetus was a Greek Stoic philosopher. He was born a slave at Hierapolis, Phrygia (present day Pamukkale, Turkey), and lived in Rome until his banishment, when he went to Nicopolis in north-western Greece for the rest of his life. His teachings were written down and published by his pupil Arrian in his Discourses.

Epictetus taught that philosophy is a way of life and not just a theoretical discipline. To Epictetus, all external events are determined by fate, and are thus beyond our control; we should accept whatever happens calmly and dispassionately. However, individuals are responsible for their own actions, which they can examine and control through rigorous self-discipline.

**The Enchiridion** or Manual of Epictetus (enchiridion is Greek for "that which is held in the hand") is a short manual of Stoic ethical advice compiled by Arrian, a 2nd-century disciple of the Greek philosopher Epictetus.

Collected here are the following:

- The Enchiridion
- The Golden Sayings Of Epictetus
- A Selection From the Discourses of Epictetus
- The Teaching of Epictetus



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