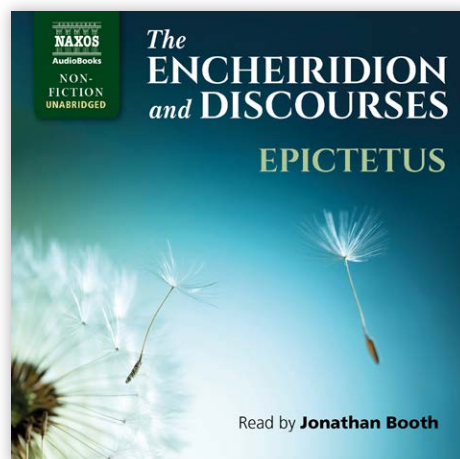


# The ENCHEIRIDION and DISCOURSES EPICTETUS

Read by **Jonathan Booth**

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Born into slavery in the first century AD, Epictetus was a leading Greek philosopher of the Stoic school. He spent most of his life in Rome before the emperor Domitian banished all philosophers from the city in AD 93; his exile then took him to Nicopolis in Greece. His teachings were recorded by his pupil Arrian, who published both the *Encheiridion* and *Discourses*. The *Discourses*, which Arrian claimed to have taken down during lectures he attended, comprised eight books of which we have only four. The *Encheiridion* ('Handbook') is a distillation of the main ideas found in the *Discourses*. Throughout these works is the strong sense of Stoic philosophy, with its emphasis on self-examination and self-knowledge, being presented as a practical way of living rather than a theoretical code.



**Jonathan Booth** has been a professional narrator for over 30 years. In addition to his audiobook work, he is a familiar voice on television documentaries for the BBC, Discovery, National Geographic and many others. He is an almost daily narrator for the leading app Curio and of journalism pieces for the *Financial Times*, *The Guardian*, *Bloomberg*, *The Economist* and more. He can also be heard on countless promotional films and advertisements, and is the UK voice for the global children's learning tool Reading Eggs.

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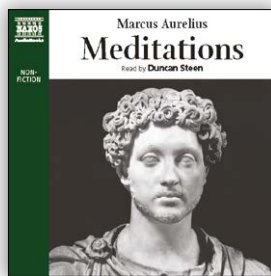
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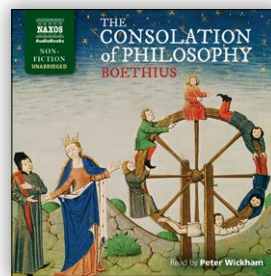
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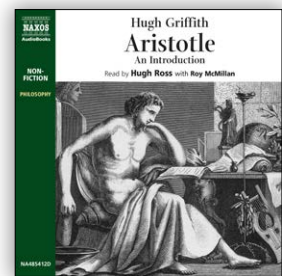
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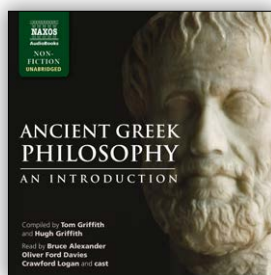
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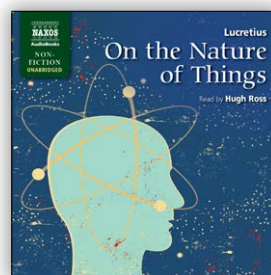
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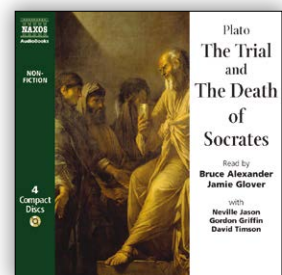
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