

The Encheiridion *and* Discourses

By Epictetus

Unabridged

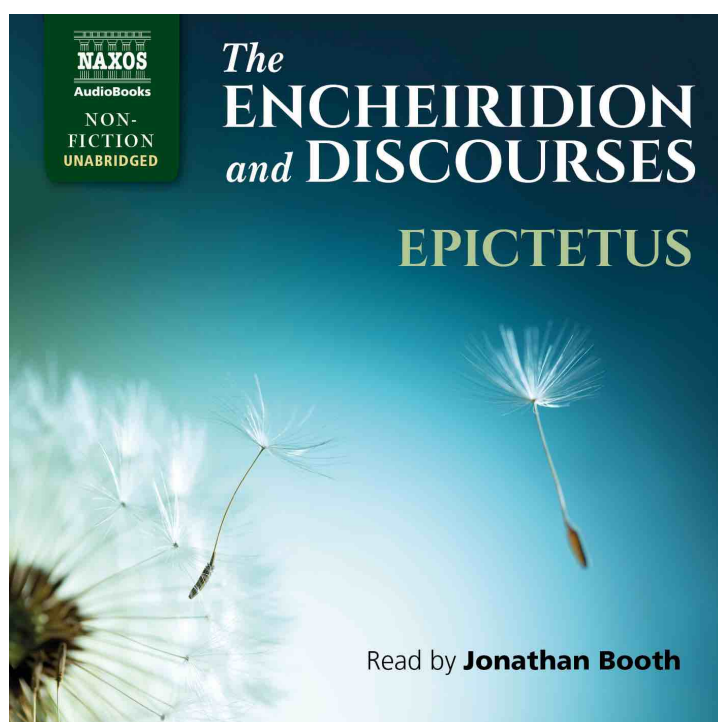
Read by Jonathan Booth

DESCRIPTION

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.

SALES AND MARKETING POINTS

- Key texts in the history of philosophical ideas.
- A guide to living in harmony with God and nature.
- A timely audiobook given the heightened modern interest in Stoic ideas.



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