

# EPICETUS: A STOIC AND SOCRATIC GUIDE TO LIFE

## Introduction section

- His principal project is to assure his listeners that nothing lies completely in their power except their judgments and desires and goals.
- Happiness and a praiseworthy life require us to monitor our mental selves at every waking moment, making them and nothing external or material responsible for all the goodness or badness we experience. In the final analysis, everything that affects us for good or ill depends on our own judgments and on how we respond to the circumstances that befall us.

## Chapter 1

- Only the wise man is free.
- *You will say: Meeting Epictetus was like meeting a stone or a statue. I agree – You took one look at me, that's all. But the person who really encounters another is one who gets to know the other's judgments and reveals his own in turn. Get to know my judgments, show me your own, and then say you have met me. Let's examine one another, and if I have a bad judgment, remove it; if you have one, bring it out into the open. That's meeting a philosopher. But that's not your way: We're passing by and while we're renting the boat we can also look in on Epictetus; let's take a look at what he's saying. Then you leave: Epictetus was zero; his language was quite ungrammatical and unidiomatic. What else could you assess when you came with that attitude?*
- He diagnoses unhappiness as subservience to persons, happenings, values and bodily conditions, all of which involve the individual subject in surrendering autonomy and becoming a victim to debilitating emotions. Happiness, by contrast, is unimpededness, doing and experiencing only what you want to do and experience, serenity, absence of any sense that things might be better for you than you find them to be.

# Epictetus A Stoic And Socratic Guide To Life

**SB Merriam**



## **Epictetus A Stoic And Socratic Guide To Life:**

Discover tales of courage and bravery in Explore Bravery with is empowering ebook, Unleash Courage in **Epictetus A Stoic And Socratic Guide To Life** . In a downloadable PDF format ( \*), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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