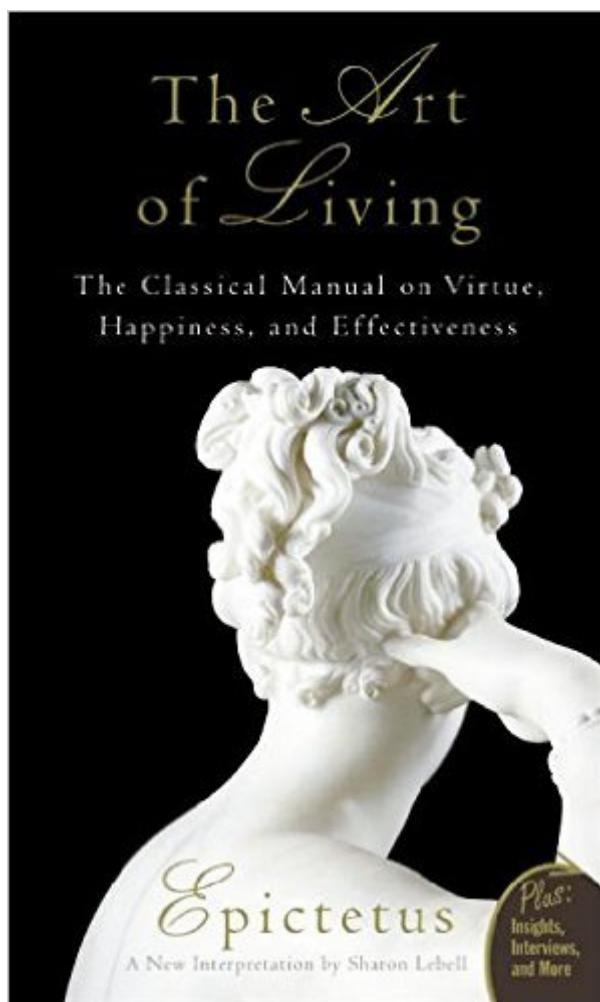


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# Art Of Living: The Classical Manual On Virtue, Happiness, And Effectiveness



## Synopsis

Epictetus was born into slavery about 55 ce in the eastern outreaches of the Roman Empire. Once freed, he established an influential school of Stoic philosophy, stressing that human beings cannot control life, only their responses to it. By putting into practice the ninety-three witty, wise, and razor-sharp instructions that make up *The Art of Living*, readers learn to meet the challenges of everyday life successfully and to face life's inevitable losses and disappointments with grace.

## Book Information

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## Customer Reviews

"Happiness and freedom begin with a clear understanding of one principle: Some things are within our control, and some things are not. It is only after you have faced up to this fundamental rule and learned to distinguish between what you can and can't control that inner tranquility and outer effectiveness become possible." The Stoic philosopher Epictetus was born on the eastern edges of the Roman Empire in A.D. 55, but *The Art of Living* is still perfectly suited for any contemporary self-help or recovery program. To prove the point, this modern interpretation by Sharon Lebell casts the teachings in up-to-date language, with phrases like "power broker" and "casual sex" popping up intermittently. But the core is still the same: Epictetus keeps the focus on progress over perfection, on accomplishing what can be accomplished and abandoning unproductive worry over what cannot.

--This text refers to an out of print or unavailable edition of this title.

â œA treasury of eternally good advice, wise as a grandfather, earthy as the Tao.â • (Jack Kornfield,

author of *A Path with Heart*) ¦ The message of Epictetus is as vital today as it ever was. • (Jacob Needleman, author of *The Heart of Philosophy*) ¦ Epictetus sounds like the Buddha, and Sharon Lebellâ™s voice makes him sound like the delightful man next door. • (Sylvia Boorstein, author of *It's Easier Than You Think*)

This book serves as a guide to living a virtuous, logical, and subsequently happy existence. I recommend reading a passage or two each day and reflecting on the text.

I love this book, read a couple pages everyday and then start over again. I don't mind the "modern" translation. It works for me.

This is not a literal translation of Epictetus's manual, but it communicates the essence of the manual in accessible English. I used this text in philosophy of education courses for many years for the purpose of challenging student teachers to reflect together on how they might live a worthwhile life, and how living such a life might affect them and their students. Ms. Lebell's translation is uniquely valuable for that kind of work. I have found nothing comparable. It is not too long, not too wordy, yet consistently challenging in its ethical stance. I have also recommended this book to friends. Those who have read it universally have been moved by it -- not that they accept Stoicism, but that they have been able to use its wisdom in their everyday lives. Do not mistake the text for a self-help book. It is one of the clearest, simplest, and challenging statements of Stoicism you are likely to find.

Epictetus will change your life. This book has been getting me through a rough semester and it has taught me a lot of new words. I definitely advocate using an ereader for this, because you are going to be looking up a lot of words while your soul is being filled with meaning. Really though, this book is the most uplifting thing I have ever read.

This is the only book (and translation) that I ever give as a gift to friends. It is transformational and a deep 'technology of the soul' for those able to accept the simple and disarming message of Stoic philosophy.

Fantastic read. Great insight into keeping things in perspective.

An excellent read, the kind that you want to keep around for years to reference. The book was in excellent condition when it arrived. I was pleased with the delivery and quality, especially for the price.

It is interesting and disappointing that some of the one star and two star critics are so harsh and almost mean spirited in their reviews of Lebell's little book on Epictetus. It may be that those critics need to be reminded that Epictetus himself focused not on the academic, obscure, inaccessible approach to Stoicism. His primary focus was on teaching in the most direct and most elucidating manner. While Lebell's book is certainly no scholarly analysis of the great Stoic philosopher, I never assumed that was her intention. She seems to simply have attempted to write an everyman's introduction to stoicism in general and Epictetus in particular. I remember well Alan Watts being criticized by some academic scholars for being a mere "popularizer of Zen" which, of course, he was and many of us benefited greatly from his efforts. If Lebell succeeds in turning readers on to Epictetus and stoicism she should be applauded not belittled for her efforts. For those of you who did enjoy Lebell's book and are now interested in learning more, I highly recommend A.A. Long's "Epictetus: A Stoic and Socratic Guide to Life." It is a very well written book with some very enlightening and, I assume, original insights. I have now read Long's book twice and will likely read it yet again. Each time I do I learn more. Lebell's book is very different from Long's book, but I believe they both have their place and both are worth reading.

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