

[PDF] Art Of Living: The Classical Manual On Virtue, Happiness, And Effectiveness

Epictetus, Sharon Lebell - pdf download free book



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Description:

"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.

Review "A treasury of eternally good advice, wise as a grandfather, earthy as the Tao." (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 Lebell's voice makes him sound like the delightful man next door." (Sylvia Boorstein, author of It's Easier Than You Think)

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