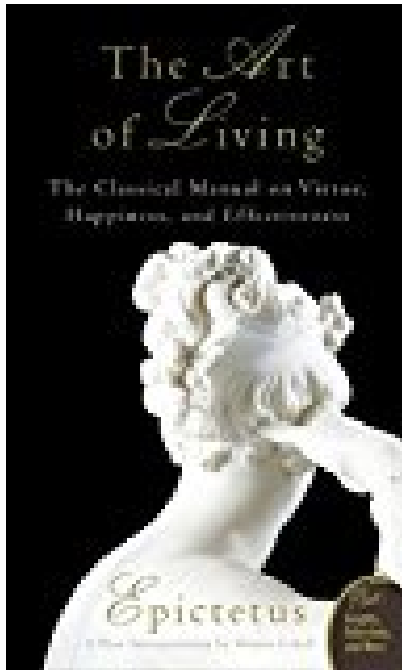


Art of Living The Classical Manual on Virtue Happiness and Effectiveness



BOOK DETAILS

- Author : Epictetus
- Pages : 144 Pages
- Publisher : HarperOne
- Language : English
- ISBN : 0061286052

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BOOK SYNOPSIS

What makes the writings of a former slave so powerful today? Epictetus observed that although everyday life is fraught with difficulty, a life of virtue is within reach. He dedicated his life to outlining the simple way to happiness, fulfilment, and tranquility and his teachings are brought to the reader through his 93 witty, wise, and razor-sharp instructions. Reading Epictetus's deceptively simple words of advice is like discovering buried treasure. Let's face it: everyday life, no matter what our personal circumstances are, is fraught with difficulty. So, what are we going to do about it? This book has real answers. When all is said and done, there are only two important questions: how does one be a good person and how does one live a good life. Epictetus, the great first century sage, gives clear and practical answers to these questions in this primer for living the best possible life.

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