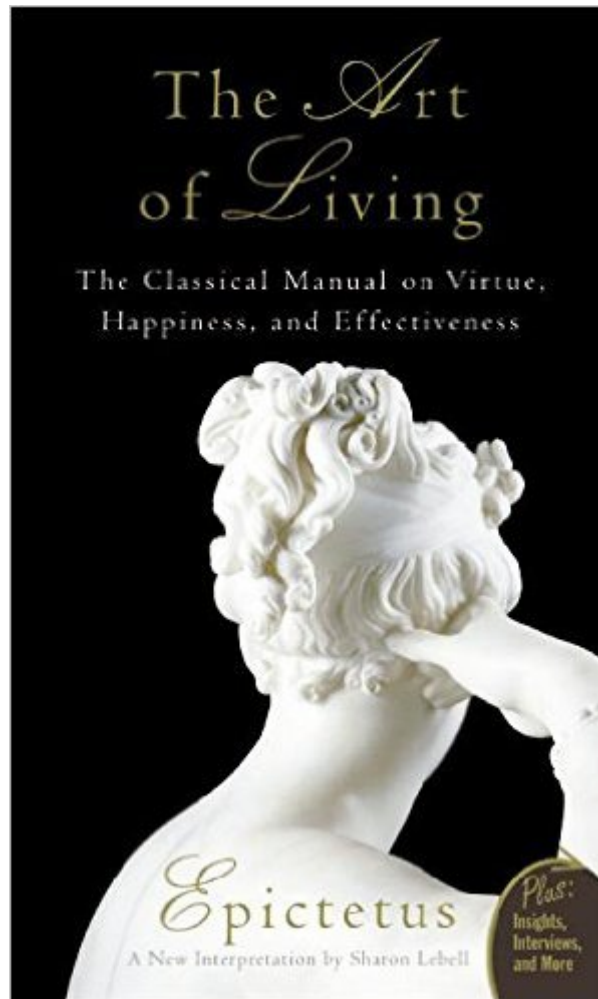


The book was found

# 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

Paperback: 144 pages

Publisher: HarperOne; unknown edition (June 26, 2007)

Language: English

ISBN-10: 0061286052

ISBN-13: 978-0061286056

Product Dimensions: 4.9 x 0.4 x 8 inches

Shipping Weight: 5.6 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (179 customer reviews)

Best Sellers Rank: #17,814 in Books (See Top 100 in Books) #44 in [Books > Politics & Social Sciences > Philosophy > Greek & Roman](#) #74 in [Books > Politics & Social Sciences > Philosophy > Ethics & Morality](#) #142 in [Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism](#)

## Customer Reviews

Epictetus is one of the real "greats" in the history of philosophy. From the very bottom of the Roman social ladder, he taught and practiced a philosophy (originally due to Zeno) that came to be called "Stoicism" and influenced Roman society all the way to the very top: Roman soldiers used to carry copies of the *Enchiridion* into battle, and the emperor Marcus Aurelius's famous "Meditations" consist mostly of his urging himself, apparently with limited success, to come closer to the Stoic ideal. The people who characterize Sharon Lebell's interpretive rendering as a "self-help" book have at least half a point; the written records of Epictetus's teachings (Epictetus didn't write them down himself) were self-help books in the first place. And fine ones they were. Oh, there are a few points at which Epictetus counsels heights of detachment suitable only for inhuman monsters, as when he suggests that we remember our wives and children are mortal so that we won't grieve when they die. But on the whole his teachings are firmly founded on the view that absolutely everything occurs by Providence, we are all of us children of God and citizens of the world with natural fellowship with

one another, and we should assume responsibility for precisely those things which we can control -- namely, ourselves. This view, or something very close to it, has grounded religious and philosophical programs from the Torah to Alcoholics Anonymous, from Spinoza to the Musar movement, from antiquity to the very latest modernity (e.g., Mark Rosen's excellent *Thank You for Being Such a Pain*): when you face a challenge, use it to improve yourself; that's what it's for.

Epictetus desperately needs a modern, contemporary translation. As far as I know, all of the available translations in print are either terribly academic or use Victorian language. This is NOT a translation but a very free, very loose paraphrase and condensation. I knew I was in trouble when I read the introduction. The author slams Western philosophy for being too cerebral and for not dealing sufficiently with the irrational aspects of life. She obviously does not like the use of reason to deal with day to day life. Then why, I might ask, is she paraphrasing a philosopher who is one of the presursors to modern rational psychotherapy? Like many Westerners who dabble in Eastern philosophy and only know it superficially, she assumes that it speaks more directly to the needs of people than Western philosophy. This despite the fact that Plato, Aristotle, Epicurus, Epictetus, etc. were immensely popular with the general population of ancient times. So much so, in fact, that common citizens wore rings and bought mirrors with sayings of Epicurus on them and Socrates could be lampooned in a popular comedy. Stoicism was the unofficial religion of the Roman army--not an elitist, irrelevant teaching. And Epicureanism had widespread allegiance and was able to fill huge communities all throughout the ancient world. The most popular devotional books of the 17th and 18th century were all basically rewrites of the ancient Greeks. By the time the introduction was finished, I knew that I was in for a very trendy, inaccurate rendering of Epictetus. The worst chapter has to be the one called "Avoid casual sex".

[Download to continue reading...](#)

Art of Living: The Classical Manual on Virtue, Happiness, and Effectiveness  
Living Off The Grid And Loving It: 40 Creative Ways To Living A Stress Free And Self-Sustaining Lifestyle (Simple Living, Off Grid Living, Off The Grid Homes, DIY Survival Guide, Prepping & Survival)  
The Complete Book of Symptoms and Treatments: Your Comprehensive Guide to the Safety and Effectiveness of Alternative and Complementary Medicine for Common Ailments  
The Tai Chi Healing Bible: Improve Your Energy, Coordination and Effectiveness by Embracing the Movements, Culture and Philosophy of this Ancient Practice  
Cost-Effectiveness Analysis: Methods and Applications (1-Off Series)  
Conversationally Speaking: Tested New Ways to Increase Your Personal and Social Effectiveness  
Organising Knowledge: Taxonomies, Knowledge and Organisational Effectiveness

(Chandos Knowledge Management) The Leadership Dance: Pathways to Extraordinary Organizational Effectiveness Before Happiness: The 5 Hidden Keys to Achieving Success, Spreading Happiness, and Sustaining Positive Change Easy Classical Guitar & Melodica Duets: Featuring music of Bach, Mozart, Beethoven, Wagner and others. For Classical Guitar and Melodica. In Standard Notation and Tablature. The Record Shelf Guide to Classical CDs and Audiocassettes: Fifth Revised and Expanded Edition (Insider's Guide to Classical Recordings) The Practical Tao Te Ching of Lao-zi: Rational Meditations on Non-duality, Impermanence, Wu-wei (non-striving), Nature and Naturalness, and Virtue A Politics of Virtue: Hinduism, Sexuality, and Countercolonial Discourse in Fiji An Inquiry into the Original of Our Ideas of Beauty and Virtue (Natural Law Paper) Tao Te Ching: The Book of The Way and its Virtue Tao Te Ching (Translated, Illustrated): The Book of The Way and its Virtue Dua'a Virtue and Formulas The Origins of Virtue: Human Instincts and the Evolution of Cooperation Virtue and Vice Of Vice and Virtue (Time Walkers Book 3)

[Dmca](#)