



## The Enchiridion

*Epictetus*

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# The Enchiridion

*Epictetus*

## **The Enchiridion** Epictetus

The Enchiridion or Manual of Epictetus is a short manual of Stoic ethical advice from the 2nd-century Greek Stoic philosopher Epictetus. The focus is on applying philosophy in daily life. The primary theme is that one should accept what happens. The Enchiridion, along with the Meditations of Marcus Aurelius and Seneca's Letters From A Stoic, is one of three key texts from which the modern world knows Stoicism.



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