1. Record Nr. UNINA9910158907803321 Autore Shakespeare William <1564-1616> Titolo The Enchiridion Xist Classics Pubbl/distr/stampa **ISBN** 1-68195-055-3 Descrizione fisica 1 online resource (63 p.) Lingua di pubblicazione Inglese **Formato** Materiale a stampa Livello bibliografico Monografia Sommario/riassunto The Ultimate Manual about Stoicism "The condition and characteristic of an uninstructed person is this: he never expects from himself profit (advantage) nor harm, but from externals. The condition and characteristic of a philosopher is this: he expects all advantage and all harm from himself." - Epictetus, Enchiridion Know how to live without using your emotions, guided only by the mind. Learn how to see the mundane, how to approach situations that may or may not be in your direct control. Don't be afraid to make mistakes and most importantly, don't be afraid to change. This is what stoicism is all about. This Xist Classics edition has been professionally formatted for e-readers with a linked table of contents. This eBook also contains a bonus book club leadership guide and discussion questions. We hope you'll share this book with your friends, neighbors and colleagues and can't wait to hear what you have to say about it. Xist Publishing is a digital-first publisher. Xist Publishing creates books for the touchscreen generation and is dedicated to helping everyone develop a lifetime love of reading.

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