



Art of Living: The Classical Manual on Virtue, Happiness, and Effectiveness

By Epictetus, Sharon Lebell

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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.

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Editorial Review

Amazon.com Review

"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.

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*)

Language Notes

Text: English (translation)

Original Language: Greek

Users Review

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Corrina Sutton:

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