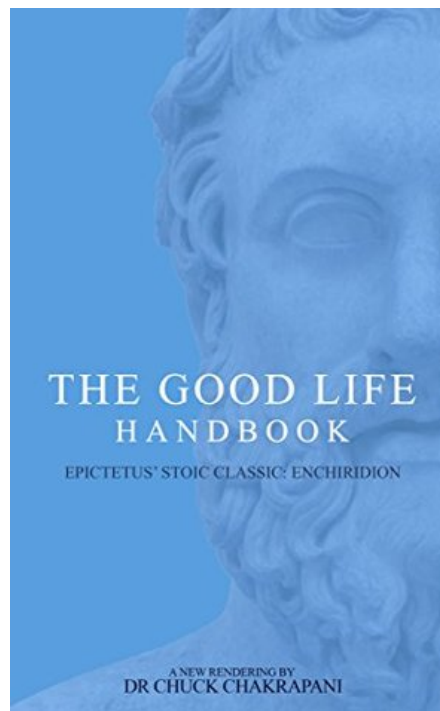




The Good Life Handbook: Epictetus' Stoic Classic Enchiridion

Chuck Chakrapani (Editor)

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The Good Life Handbook is a rendering of Enchiridion in plain English. It is a concise summary of the teachings of Epictetus, as transcribed and later summarized by his student Flavius Arrian. The Handbook is a guide to the good life. It answers the question, "How can we be good and live free and happy, no matter what else is happening around us?"

Ancient Stoics lived in a time of turmoil under difficult conditions. So, the solutions they found to living free was tested under very stringent conditions. For example, the author of this Handbook was a lame slave who made himself free and happy later in life by following the principles set out in this book.

The Good Life Handbook: Epictetus' Stoic Classic Enchiridion Details

Date : Published December 1st 2016

ISBN :

Author : Chuck Chakrapani (Editor)

Format : Kindle Edition 76 pages

Genre : Philosophy, Self Help, Nonfiction, Personal Development

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From Reader Review The Good Life Handbook: Epictetus' Stoic Classic Enchiridion for online ebook

Htb2050 says

A modern language translation of the Enchiridion.

elizabeth says

This is a nice translation of Epictetus, one of the philosophers Marcus Aurelius took to heart. It's a short read and a number of the pages aren't even full pages of text. I'm always hesitant to dig into any classical philosophy because I remember trying to read Plato's *The Republic* and, boy golly, is that thing a slog. This is the opposite of that. Clean, concise, and straightforward.

I think I highlighted the majority of this book. So much of this can be applied to today's world, especially this particular week with the inauguration. I also see it echoed in today's mindfulness and meditation movement, and similar wisdom has also been mentioned in my yoga classes.

An inspiring read and one I plan to go back to whenever I need a little reminder that I can only control what I do, not what the world around me does.

"Events don't disturb people; the way they think about events does."

Blackdogsworld says

?????????? Epictetus ?? ???????? Chuck Chakrapani ??????????
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B. Rule says

This is a "plain English" translation of the Enchiridion, but what that means in practice is that it reads like "How to Win Friends and Influence People: Stoic Edition". It's definitely easy to read, but a lot of the detail is lost in the translation. It really seems like this was written as a business or self-help version of the text, which I suppose may be because the translator appears to be a business person rather than someone with philosophical training. Fine for what it is, but I'd rather have a serious edition of Epictetus' work.

Steven Casciato says

Good, concise summary of stoicism

For those of us dealing with difficult life situations, this is a good way to organize ones thoughts. I've never

believed in using twenty words where ten will do, and neither, apparently, did Epictetus. A gift from across the centuries.

Chris Armer says

Great motivational book based on ancient wisdom

This is a very quick read. Short book.

Stoicism is a great philosophy concerned with how to live a good life. Epictetus has a lot of good things to say in alignment with this mindset. There's so much wisdom in the book. I look forward to reviewing my notes often.

Ahmad Alhour says

I have read Elizabeth Carter's translation of The Enchiridion a couple of days ago and I liked it, it was translated to academic English, this one, however, is translated into a more practical and easier English. The examples it contains are closer to every day life. I like both to be honest. A very good book and totally recommended.

Francisco Câmara Ferreira says

Another classic of stoicism, this one by Epictetus which I thoroughly enjoyed and wished more people would read.

A. Sacit says

Precious, encapsulated age-old wisdom to guide one through life.

Christina Bialik says

This book is excellent. I find when I'm stewing over a problem, more than once I've pages through this book and been able to find something relevant to read that has let me feel more at peace.

gregrampage says

What an intro to stoicism

I first tried listening to Marcus Aurelius 'Meditations' on audiobook and a similar short style made it hard to digest what he was saying. Then when reading more about Stoicism I saw this book for free download. It's

the perfect, easy to understand starting point. I shall next turn to Meditations.

Mark Heaman says

Very clear and concise translations of the brilliant wisdom dispensed by Epictetus

Heather Jones says

This contemporary-language paraphrase of the Enchiridion is much more accessible than other translations I have read. Epictetus's ideas can be expressed simply, and I was pleased to find what I was looking for - an Enchiridion readable enough to give to teenagers, still true to the ideas in the book.

Melanie says

I usually enjoy reading books about the Stoic philosophy (even though it baffles me that apparently women - and specifically women - are the only ones who should stop exercising vanity). When you take the Stoicism as a whole and use the main points as the means to actually improve your life and make it simpler, it is an interesting practice.

While this book isn't particularly fantastic or different from the other ones that I have read, it does have a couple of good points. I'll probably be searching for some deeper reading on Stoicism, but this book might be a good starter.

Steve says

Good Paraphrase of an Ancient Text

Epictetus' Enchiridion has probably been translated many times. Some translations are difficult to read, while others are not. This rendering of the the Enchiridion was a good introduction to Epictetus. The Discourses are a lot more challenging and probably give a more complete view of Epictetus' teaching.
