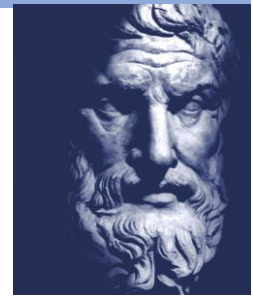


LIFE TIPS from Epictetus

Epictetus was born into slavery in 55 CE in the outer reaches of the Roman Empire. Sold as a child and crippled by his master's beatings, he was eventually freed and rose from his humble roots to establish an influential school of Stoic philosophy.



Man is disturbed not by events but by his view of them.

There is only one way to happiness and that is to cease worrying about things which are beyond the power of our will.

The key is to keep company only with people who uplift you, whose presence calls forth your best.

He who laughs at himself never runs out of things to laugh at.

From this instant on, vow to stop disappointing yourself. Separate yourself from the mob.

When you are offended at any man's fault, turn to yourself and study your own failings. Then you will forget your anger.

Suffering arises from trying to control what is uncontrollable – or from neglecting what is within our power.

Things in our control are opinion, pursuit, desire, aversion, and, in a word, whatever are our own actions.

When, therefore, any one provokes you, be assured that it is your own opinion which provokes you.

Some things are in our control and others not.

Fortify yourself with contentment for this is an impregnable fortress.

Keep your attention focused entirely on what is truly your own concern and be clear that what belongs to others is their business and none of yours.

It is my business, to manage carefully and dexterously whatever happens.

Seek not the good in external things; seek it in yourselves.

Decide to be extraordinary and do what you need to do – now.

However he may treat me, I must deal rightly by him. This is what lies with me, what none can hinder.

Any person capable of angering you becomes your master.

Freedom is the only worthy goal in life. It is won by disregarding things that lie beyond our control.

It's not what happens to you, but how you react to it that matters.

check out *The Art of Living* by Epictetus (interpretation by Sharon Lebell) or learn from all the Stoic philosophers in the wonderfully engaging and practical book *The Stoic Express: In Search of Life Lessons from Dead Philosophers* by Eric Weiner