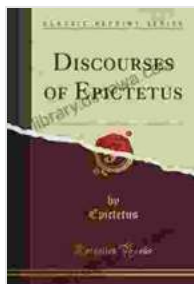


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Epictetus (c. 55–135 CE) was a Greek Stoic philosopher. Born into slavery, he was later freed and became a renowned teacher in Rome. His

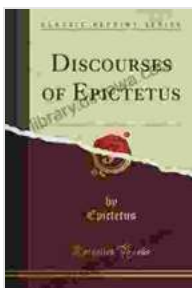
teachings, which emphasized the importance of virtue and self-control, have inspired countless people throughout the centuries.

"It is not events that disturb people, it is their judgments concerning them."

The Discourses of Epictetus is a collection of his teachings as recorded by his student, Arrian. These discourses offer practical guidance on how to live a virtuous and fulfilling life in the face of adversity. Epictetus teaches us how to control our thoughts, emotions, and actions, and to find peace and happiness within ourselves.

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