



# Manual for Living

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# Manual for Living

*Epictetus*

## **Manual for Living** Epictetus

Epictetus was a Greek Stoic philosopher. This short "handbook", which was actually written down by one of his pupils, is a guide to daily living. It has been read by countless people over the centuries because of its sensibility and its easy application to daily living. Unlike some of his forefathers in philosophy, like Plato and Aristotle, he focuses on how to practically apply oneself on a philosophical level.

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