

EPICETUS: A STOIC AND SOCRATIC GUIDE TO LIFE

Introduction section

- His principal project is to assure his listeners that nothing lies completely in their power except their judgments and desires and goals.
- Happiness and a praiseworthy life require us to monitor our mental selves at every waking moment, making them and nothing external or material responsible for all the goodness or badness we experience. In the final analysis, everything that affects us for good or ill depends on our own judgments and on how we respond to the circumstances that befall us.

Chapter 1

- Only the wise man is free.
- *You will say: Meeting Epictetus was like meeting a stone or a statue. I agree – You took one look at me, that's all. But the person who really encounters another is one who gets to know the other's judgments and reveals his own in turn. Get to know my judgments, show me your own, and then say you have met me. Let's examine one another, and if I have a bad judgment, remove it; if you have one, bring it out into the open. That's meeting a philosopher. But that's not your way: We're passing by and while we're renting the boat we can also look in on Epictetus; let's take a look at what he's saying. Then you leave: Epictetus was zero; his language was quite ungrammatical and unidiomatic. What else could you assess when you came with that attitude?*
- He diagnoses unhappiness as subservience to persons, happenings, values and bodily conditions, all of which involve the individual subject in surrendering autonomy and becoming a victim to debilitating emotions. Happiness, by contrast, is unimpededness, doing and experiencing only what you want to do and experience, serenity, absence of any sense that things might be better for you than you find them to be.

Epictetus Stoic Socratic Guide To Life

Donald Robertson



Epictetus Stoic Socratic Guide To Life:

Epictetus A. A. Long, 2002-01-10 The philosophy of Epictetus a freed slave in the Roman Empire has been profoundly influential on Western thought it offers not only stimulating ideas but practical guidance in living one's life A A Long a leading scholar of later ancient philosophy gives the definitive presentation of the thought of Epictetus for a broad readership Long's fresh and vivid translations of a selection of the best of Epictetus discourses show that his ideas are as valuable and striking today as they were almost two thousand years ago The translations are organized thematically within the framework of an authoritative introduction and commentary which offer a way into this world for those new to it and illuminating interpretations for those who already know it Epictetus is known as one of the great Stoic thinkers But he took the life and conversation of Socrates as his educational model His Socratic allegiance scarcely examined before is a major theme of this ground breaking book Long shows how Epictetus offered his students a way of life premised on the values of personal autonomy and integrity Never a sermonizer Epictetus engages his students in brilliantly challenging dialogue Long offers the first accessible study of his argumentative and rhetorical methods This is a book for anyone interested in what we can learn from ancient philosophy about how to live our lives Epictetus Anthony Arthur Long, 2004 *How To Be Free*

Epictetus, 2018-10-30 Born a slave the Roman Stoic philosopher Epictetus c 55-135 AD taught that mental freedom is supreme since it can liberate one anywhere even in a prison Freedom for Epictetus is not a human right or a political prerogative but a psychological and ethical achievement a gift that we alone can bestow on ourselves *How to Be Free* features splendid new translations and the original Greek on facing pages a compelling introduction that sets Epictetus in context and describes the importance of Stoic freedom today and an invaluable glossary of key words and concepts The result is an unmatched introduction to this powerful method of managing emotions and handling life's situations from the most ordinary to the most demanding Provided by the publisher Epictetus Anthony Arthur Long, 2002 **Epictetus**, 2002 **Epictetus** Anthony Arthur Long, 2004 Oxford Studies in Ancient Philosophy David Sedley, 2003-10-30 This volume of original articles covers diverse aspects of ancient philosophy including the work of Plato Aristotle and the stoics

The Stoic Life Tad Brennan, 2005-06-23 Tad Brennan explains how to live the Stoic life and why we might want to Stoicism has been one of the main currents of thought in Western civilization for two thousand years Brennan offers a fascinating guide through the ethical ideas of the original Stoic philosophers and shows how valuable these ideas remain today both intellectually and in practice He writes in a lively informal style which will bring Stoicism to life for readers who are new to ancient philosophy The *Stoic Life* will also be of great interest to philosophers and classicists seeking a full understanding of the intellectual legacy of the Stoics Brennan starts from scrupulous attention to the evidence references are provided to all of the standard collections of Stoic texts He provides translations of the original texts with extensive annotations that will allow readers to pursue further reading No knowledge of Greek is required An introductory section

provides context by introducing the reader to the most important figures in the Stoic school the philosophical climate in which they worked and a brief summary of the leading tenets of the Stoic system After this context is established the book is divided into three sections The first provides a thorough exploration of the Stoic school s theories of psychology focusing on their analyses of fear desire and other emotions The second develops the more centrally ethical topics of value obligation and right action The third part explores the Stoic school s views on fate determinism and moral responsibility For anyone interested in the origins of Western ethical thought who wishes to understand the vast influence that Stoic philosophy has had on philosophy and religion up to our time this book will be essential reading

Platonisms: Ancient, Modern, and Postmodern ,2007-06-30 The present volume argues that Plato and Platonism should be understood not as a series of determinate doctrines or philosophical facts to be pinned down once and for all but rather as an inexhaustible mine of possible trajectories The book examines in this light different strands of Platonic thinking from the dialogues themselves through later Antiquity and the Medieval World into Modernity and Post Modernity with new essays ranging from Descartes Kant Hegel and Natorp to Yeats Levinas and Derrida And also suggests the possibility of reading the dialogues and the whole tradition resonating in and through them in new unexpected ways Contributors include T A Szlez k Luc Brisson John D Turner Steven Strange G Reydamas Schils Gerald Bechtle Douglas Hedley Robert Berchman John Dillon Anthony Cuda Kevin Corrigan and Stephen Gersh

The Socrates Express Eric Weiner,2021-08-10 The author retraces the journeys of forefront intellectuals from Epicurus and Gandhi to Thoreau and Beauvoir to illuminate how their practical and spiritual lessons can be applied in today s unsettled world Eric Weiner combines his twin passions for philosophy and global travel in a pilgrimage that uncovers surprising life lessons from philosophers around the world from Marcus Aurelius to Arthur Schopenhauer Confucius to Montaigne Traveling by train the most thoughtful mode of transport he traversed thousands of miles making stops in Athens Delhi Massachusetts Coney Island Frankfurt and points in between to recapture philosophy s original purpose teaching us how to lead wiser more meaningful lives From Socrates and ancient Athens to Simone de Beauvoir and twentieth century Paris Weiner s chosen places and thinkers provide important signposts as we navigate today s chaotic times

The Moral Psychology of Clement of Alexandria Kathleen Gibbons,2016-10-04 In *The Moral Psychology of Clement of Alexandria* Kathleen Gibbons proposes a new approach to Clement s moral philosophy and explores how his construction of Christianity s relationship with Jewishness informed and was informed by his philosophical project As one of the earliest Christian philosophers Clement s work has alternatively been treated as important for understanding the history of relations between Christianity and Judaism and between Christianity and pagan philosophy This study argues that an adequate examination of his significance for the one requires an adequate examination of his significance for the other While the ancient claim that the writings of Moses were read by the philosophical schools was found in Jewish Christian and pagan authors Gibbons demonstrates that Clement s use of this claim shapes not only his justification of his authorial project but

also his philosophical argumentation In explaining what he took to be the cosmological metaphysical and ethical implications of the doctrine that the supreme God is a lawgiver Clement provided the theoretical justifications for his views on a range of issues that included martyrdom sexual asceticism the status of the law of Moses and the relationship between divine providence and human autonomy By contextualizing Clement's discussions of volition against wider Greco-Roman debates about self-determination it becomes possible to reinterpret the invocation of free will in early Christian heresiological discourse as part of a larger dispute about what human autonomy requires

The Oxford Handbook of Ethics and Economics Mark D. White, 2019-06-06 Economics and ethics are both valuable tools for analyzing the behavior and actions of human beings and institutions Adam Smith the father of modern economics considered them two sides of the same coin but since economics was formalized and mathematicised in the late 1800s and early 1900s the fields have largely followed separate paths The Oxford Handbook of Ethics and Economics provides a timely and thorough survey of the various ways ethics can do and should inform economic theory and practice The first part of the book Foundations explores how the most prominent schools of moral philosophy relate to economics asks how morals relevant to economic behavior may have evolved and explains how various approaches to economics incorporate ethics into their work The second part Applications looks at the ethics of commerce finance and markets uncovers the moral dilemmas involved with making decisions regarding social welfare risk and harm to others and explores how ethics is relevant to major topics within economics such as health care and the environment With esteemed contributors from economics and philosophy The Oxford Handbook of Ethics and Economics is a resource for scholars in both disciplines and those in related fields It highlights the close relationship between ethics and economics in the past while and lays a foundation for further integration going forward

Brill's Companion to the Reception of Socrates, 2019-05-15 Brill's Companion to the Reception of Socrates edited by Christopher Moore provides almost unbroken coverage across three dozen studies of 2450 years of philosophical and literary engagement with Socrates the singular Athenian intellectual paradigm of moral discipline and inspiration for millennia of philosophical rhetorical and dramatic composition Following an Introduction reflecting on the essentially receptive nature of Socrates influence by contrast to Plato's chapters address the uptake of Socrates by authors in the Classical Hellenistic Roman Late Antique including Latin Christian Syriac and Arabic Medieval including Byzantine Renaissance Early Modern Late Modern and Twentieth Century periods Together they reveal the continuity of Socrates' idiosyncratic polyvalent and deep imprint on the history of Western thought and witness the value of further research in the reception of Socrates

The Philosophers of the Ancient World Trevor Curnow, 2006-06-22 Contains information on over 2 300 ancient Western philosophers from Abammon to Zoticus Covering the period from the seventh century BC to the seventh century AD this book summarises the ideas of the major thinkers and an historical overview of ancient philosophy allows them to be placed in their proper context

Stoicism and the Art of Happiness Donald Robertson, 2018-09-06 The stoics lived a long

time ago but they had some startling insights into the human condition insights which endure to this day The philosophical tradition founded in Athens by Zeno of Citium in 301 BC endured as an active movement for almost 500 years and contributions from dazzling minds such as Cicero Seneca and Marcus Aurelius helped create a body of thought with an extraordinary goal to provide a rational healthy way of living in harmony with the nature of the universe and in respect of our relationships with each other In many ways a precursor to Cognitive Behavioural Therapy CBT Stoicism provides an armamentarium of strategies and techniques for developing psychological resilience while celebrating all in life which is beautiful and important By learning what stoicism is you can revolutionise your life and learn how to seize the day live happily and be a better person This simple empowering book shows how to use this ancient wisdom to make practical positive changes to your life Using thought provoking case studies highlighting key ideas and things to remember and providing tools for self assessment it demonstrates that Stoicism is a proven profound pathway to happiness Psychology and Value in Plato, Aristotle, and Hellenistic Philosophy Fiona Leigh, Margaret Hampson, 2022 This volume draws together contributions from leading international scholars in ancient philosophy to explore central issues in the moral psychology of Plato Aristotle and the Hellenistic schools **Ex Auditu - Volume 24** Klyne Snodgrass, 2009-05-01 CONTENTS Introduction Klyne Snodgrass Fear in the Garden The State of Emergency and the Politics of Blessing Scott Bader Saye Response to Bader Saye Amy E Black In God We Trust The Challenge of the Prophets R W L Moberly Response to Moberly Robert L Hubbard Jr Imagining the Unthinkable Exposing the Idolatry of National Security in Amos M Daniel Carroll R Response to Carroll Robert D Haak Security and Self Sufficiency A Comparison of Paul and Epictetus John M G Barclay Response to Barclay Joel Willitts Martin Luther s Teachings on Security in the Psalms and Their Significance for the Art of Reading Scripture G Sujin Pak Response to Pak Jo Ann Deasy One Who Trusts Will Not Panic Providence and the Prophet of Desecuritization Jill Carson Colwell Response to Colwell Darrell Cosden The Radical Insecurity of Idolatry Or of Faith Randall C Zachman Response to Zachmann Kyle J A Small Homeland Insecurity The Spiritual Lust for an Escape Clause Ben Witherington III Response to Witherington Andy Johnson Hoofbeats Full of Grace Andy Johnson Security William H Willimon Protecting God Psalm 91 Luke 4 1 14 Brent Laytham **Resilience and Health** Tadeusz Marian Ostrowski, Iwona Sikorska, Krzysztof Gerc , 2016-02-22 What decides whether a person suffering misfortune bounces back quickly or falls into despair for years Which processes and mechanisms constitute psychological resilience Is there a particular evolutionary shaped model of human adaptation which enables a person to maintain mental health in unfavorable and dynamically changing circumstances All these questions are addressed by the contributors to the monograph titled Resilience and Health in a Fast Changing World While searching for the answers the authors refer to an extensive scholarly literature their own theoretical investigations as well as to the outcomes of empirical researches conducted *Seneca Philosophus* Julia Wildberger, Marcia L. Colish, 2014-09-23 Das Buch wendet sich an Fachleute ebenso wie Studierende und das allgemeine Publikum Es präsentiert

eine ungewöhnliche Vielfalt von Beiträgen verschiedener Generationen, Fachrichtungen und nationaler Wissenskulturen teilweise zum ersten Mal überhaupt in Englisch. Gemeinsam betonen sie die Einheit von Senecas Oeuvre und seine Originalität als Mittler stoischen Gedankenguts in den literarischen Formen des Prinzipats. Paul's Summons to Messianic Life L. L. Welborn, 2015-05-12. Taubes, Badiou, Agamben, Ilek, Reinhard and Santner have found in the Apostle Paul's emphasis on neighbor love a positive paradigm for politics. By thoroughly reexamining Pauline eschatology, L. L. Welborn suggests that neighbor love depends upon an orientation toward the messianic event which Paul describes as the now time and which he imagines as awakening. Welborn compares the Pauline dialectic of awakening to attempts by Hellenistic philosophers to rouse their contemporaries from moral lethargy and to the Marxist idea of class consciousness, emphasizing the apostle's radical spirit and moral relevance.

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