

# Epictetus

## A Stoic and Socratic Guide to Life



OLLI at GMU  
December 11, 2008

*The philosopher's school is like a surgery, you ought not to go out of it with pleasure, but with pain.*

# Some Things Are In Our Control And Others Not

Things in our control are:

- Opinion,
- Pursuit,
- Desire,
- Aversion, and, in a word,
- Whatever are our own actions.

Things not in our control are:

- Body,
- Property,
- Reputation,
- Command, and, in one word,
- Whatever are not our own actions.



The things in our control are by nature:

- Free,
- Unrestrained,
- Unhindered;

but those not in our control are:

- Weak,
- Slavish,
- Restrained,
- Something else,
- Belonging to others.



When therefore we are hindered, or disturbed, or grieved, let us never attribute it to others, but to ourselves; that is, to our own principles.

- An uninstructed person will lay the fault of his own bad condition upon others.
- Someone just starting instruction will lay the fault on himself.
- Someone who is perfectly instructed will place blame neither on others nor on himself.

# Epictetus

## A Stoic and Socratic Guide to Life



OLLI at GMU  
December 11, 2008

# Epictetus

## A Stoic and Socratic Guide to Life

*Thank you very much!*

OLLI at GMU  
December 11, 2008



# Epictetus

## A Stoic and Socratic Guide to Life



OLLI at GMU  
December 11, 2008

*See you next week*











# Title

Do Not Use





















