

The
Enchiridion
by
Epictetus

LibriVox



The Enchiridion - Epictetus

The Enchiridion - Epictetus

The Enchiridion

by Epictetus (c.55-135). Translated by Elizabeth Carter (1717-1806).

Epictetus (Greek: Επίκτητος; c.55–c.135) was a Greek Stoic philosopher. The name given by his parents, if one was given, is not known – the word epiktetos in Greek simply means “acquired.”

Epictetus spent his youth as a slave in Rome to Epaphroditos, a very wealthy freedman of Nero. Even as a slave, Epictetus used his time productively, studying Stoic Philosophy under Musonius Rufus. He was eventually freed and lived a relatively hard life in ill health in Rome.

So far as is known, Epictetus himself wrote nothing. All that we have of his work was transcribed by his pupil Arrian. The main work is The Discourses, four books of which have been preserved (out of an original eight). Arrian also compiled a popular digest, entitled the Enchiridion, or Handbook. In a preface to the Discourses, addressed to Lucius Gellius, Arrian states that “whatever I heard him say I used to write down, word for word, as best I could, endeavouring to preserve it as a memorial, for my own future use, of his way of thinking and the frankness of his speech”.

(Summary by Wikipedia)

Read by D.E. Wittkower. Total running time: 00:51:25

This recording is in the public domain and may be reproduced, distributed, or modified without permission. For more information or to volunteer, visit librivox.org.

Cover picture by Sonnem. (1715). Copyright expired in U.S., Canada, EU. and all countries with author's life +70 yrs laws. Cover design by redaer. This design is in the public domain.

The Enchiridion – 00:51:25