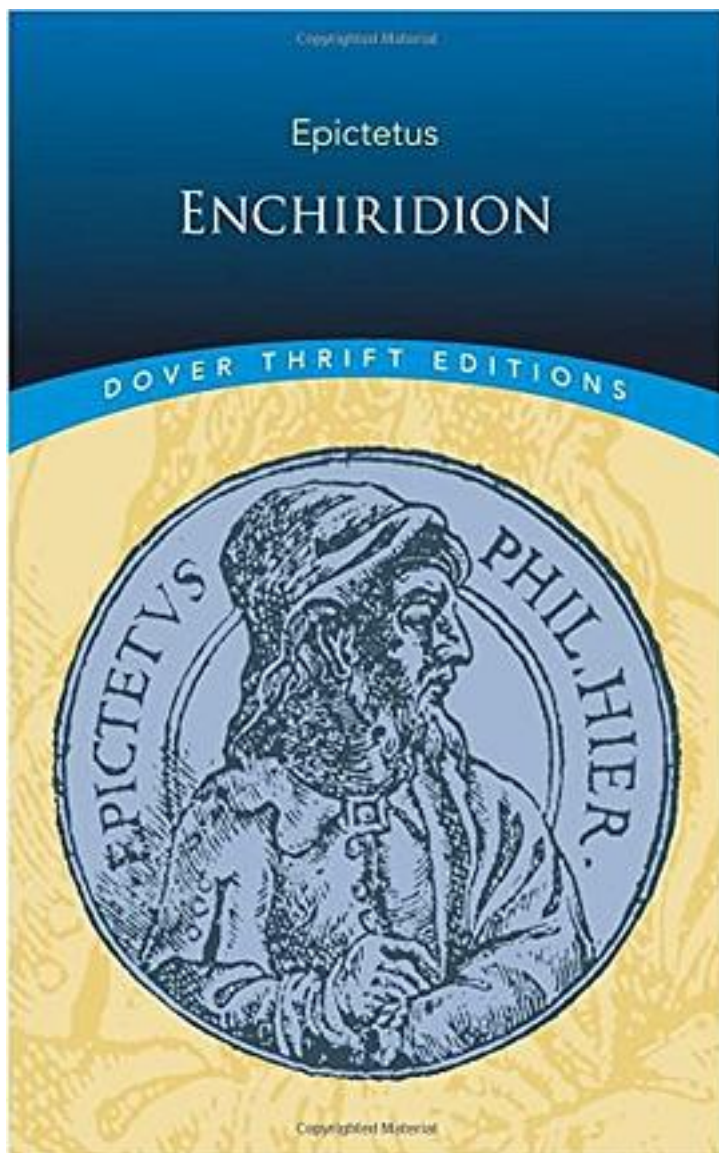


Enchiridion



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著者:Epictetus

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A first-century Stoic, Epictetus argued that we will always be happy if we learn to desire that things should be exactly as they are. His Enchiridion, or Manual, is a distillation of his teachings and an instructional manual for a tranquil life as it offers guidelines for those seeking contentment.

作者介绍:

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