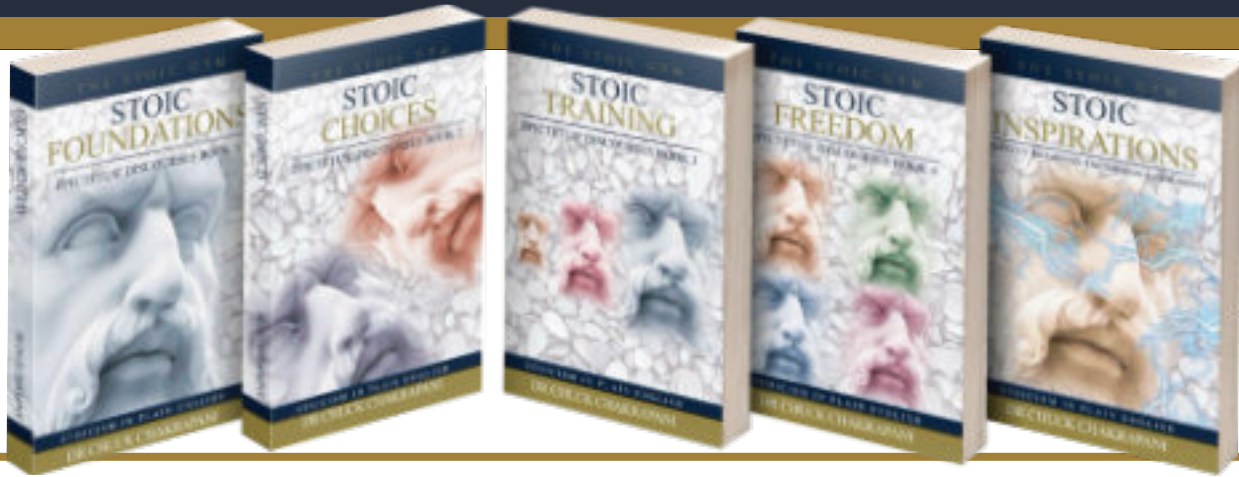


STOICISM IN PLAIN ENGLISH



EPICTETUS: THE COMPLETE WORKS (5 VOLUMES)

STOIC FOUNDATIONS (DISCOURSES BOOK 1)

Stoic Foundations is an excellent place to start your Stoic journey. *Stoic Foundations* explains the foundational principles of Stoicism and revolves around 10 themes that are fundamental to Stoicism. These are:

1. Concern yourself with only what is in your power; 2. Be content to let things happen as they do; 3. Your thinking, not the externals, drives your behaviour; 4. Do not place value on external things; 5. Evaluate your first impressions using reason; 6. Don't give in to your anger or animal instincts; 7. You can handle anything; always act your best; 8. Learn to think properly and logically; 9. Practice, not knowledge, results in progress; 10. Only you can make you happy.

<https://amzn.to/3eXOjrP>

STOIC CHOICES (DISCOURSES BOOK 2)

Stoic Choices is an indispensable guide to making decisions when we are faced with conflicting choices: It provides clear answers to questions such as: What should you act upon: External things or internal things? When should you choose to be confident and when to be cautious in making decisions? What should you protect: Your inherent qualities or qualities that are not inherent to you? Is there a choice between knowledge and action? Is there a choice between knowledge and anxiety? Should you study logic? Why? Should you choose to be faithful? What should you do to fight false impressions? <https://amzn.to/3cNS4gM>

STOIC TRAINING (DISCOURSES BOOK 3)

The aim of Stoic training is to make you an excellent person. Stoic training consists of three disciplines: desire, action, and

assent. You need to train your mind to be concerned only with the choices you make and to be ready deal with whatever the future may bring. It is not necessary for you to be ascetic. All you need to do is see things as they are without adding your judgments to things, people, and events. It is your faulty judgments that are the root cause of 100% of your problems. The aim of Stoic training is your happiness, your ability to be at home wherever you are doing whatever you are doing. <https://amzn.to/3tESbC6>

STOIC FREEDOM (DISCOURSES BOOK 4)

In *Stoic Freedom*, Epictetus is at his best. He shows us how to achieve freedom – how to be free irrespective of what happens to us. In these brilliant discourses, Epictetus shows us how to be free and what a free person looks like. Who is a free person? According to Epictetus a free person is patient, pure, and steadfast. Such a person is not envious or anxious, and is not in conflict with anyone. If you want to be truly free, this book offers some powerful ways of achieving freedom. <https://amzn.to/2NDAqDZ>

STOIC INSPIRATIONS (ENCHIRIDION, FRAGMENTS, EXTRACTS)

Stoic Inspirations is the fifth book in the Stoicism in Plain English series and completes the works of Epictetus. It contains Epictetus' sayings (*Fragments*) some of which are not found in *Discourses*, a concise summary of Epictetus' teachings (*Enchiridion*) by Flavius Arrian, inspirational extracts (*Golden Sayings*) from Epictetus' works by Hastings Crossley, and a biography of Epictetus.

<https://amzn.to/3tEjAUM>