
Discourses of Epictetus Summary PDF Cheatsheet —

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?? 1. Control What You Can: Focus on what is within your control, become indifferent to what is outside your control

In short, life is going to continue providing situations that we don't like—pain, suffering, and chaos. But we can learn to master our mindset, our judgments and reactions to it. We can find inner peace by focusing on what is within our control and accepting what is not.

? 2. Embrace Reality: Finding peace within whatever circumstances that you've been given

To sum it up, a core tenet of Stoicism is fully accepting our life situation, as if we had chosen it—because we only increase our suffering when we refuse to embrace reality. The art of living is playing the cards we've been dealt, trusting there is some deeper intelligence at work through nature.

?? 3. Seek Approval Within: Finding inner freedom from the demands and expectations of society

Finding contentment is not about having more, but finding our approval within. Not comparing our efforts to others and controlling who we're spending time with.

? 4. Pursue Virtue Without End: Becoming the best version of yourself takes time, just like a fig needs time to ripen

In short, pursuing ever-greater inner virtue is far more valuable than external material things for our long term well-being. The king of virtues is patience, being able to delay gratification, achieving small daily wins until we reach our long-term goals.

?? 5. Level Up With Challenges: Like Hercules, embrace obstacles as an opportunity to get stronger

To sum it up, rather than getting upset about life's unexpected obstacles, we can choose to see them as an exciting opportunity to level up our strength and competence.

? 6. Reason Over Reaction: Building emotional self-mastery through checking our impressions and judgments

In a nutshell: Rise above impulsive reactions by double-checking each impression and judgment, stripping out irrational fears and biases. Then life will transform from a rollercoaster of pain and pleasure, into a focused pursuit of rational living.

? 7. Death and Impermanence: Accepting the fact we were born to die

In short, death is a fact of life. At first, that sounds grim, but the Stoics like Epictetus believed that reminding ourselves of our deaths regularly leads the way to emotional stability and freedom.

This is just a sample!

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