

Name _____

The Art of Living: The Classical Manual on Virtue, Happiness, and Effectiveness by Epictetus

Multiple Choice Questions

1. Who is the author of "The Art of Living"?
 - a) Aristotle
 - b) Epictetus
 - c) Socrates
 - d) Plato

2. What is the core philosophy of Stoicism as taught by Epictetus?
 - a) The pursuit of external wealth and success
 - b) Controlling external events and circumstances
 - c) Understanding what is within our control and what is not
 - d) Rejecting all desires and emotions

3. According to Epictetus, where does true freedom and happiness come from?
 - a) Gaining power over others
 - b) Mastering our own minds and inner virtues
 - c) Accumulating material possessions
 - d) Following societal norms unquestioningly

4. What does Epictetus mean by living in accordance with nature?
 - a) Abandoning human society
 - b) Embracing irrational behaviors
 - c) Aligning our will with the rational and moral order of the universe
 - d) Rejecting the pursuit of wisdom and virtue

5. What is the central idea of the dichotomy of control in Stoicism?
 - a) Trying to control everything in life
 - b) Focusing on external events and circumstances
 - c) Distinguishing between what is within our control and what is not
 - d) Rejecting the concept of control altogether

