

Name \_\_\_\_\_

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

### Open-Ended Response Questions

1. Discuss a personal situation where applying the principles of the dichotomy of control could be helpful, and reflect on how it might change your perspective or actions.
2. Explore the concept of eudaimonia in your own words and consider what it means to lead a flourishing and content life.
3. Choose one practical lesson from "The Art of Living" and explain how you could apply it in your daily life to enhance your well-being and virtue.
4. Reflect on the relevance of Stoic philosophy and Epictetus's teachings in today's world, particularly in the context of managing stress and finding meaning.

