

Happiness Lessons of The Ancients: Epictetus

author:



2026-06

Synopsis

<p>Epictetus was born into slavery and beaten until he was lame... but he became one of Ancient Rome's greatest thinkers by accepting every setback as an opportunity to learn and grow.</p><p>Philosophy professor Bill Irvine joins Dr Laurie Santos to delve into Stoicism - an ancient school of thought which urges us to reframe how we view the problems we all face and defuse the negative emotions of anger and envy that can be so harmful to our happiness.</p><p> </p> Learn more about your ad-choices at <https://www.iheartpodcastnetwork.com><p>See [omnystudio.com/listener](https://www.omnystudio.com/listener) for privacy information.</p>

Reader's comments

comment 1:

â€"â€" ()