

#20 Control yourself - don't let the moment's
insult defeat you. Your judgment is what
makes the insult smart/hurt/burn.

#21 Keep Death in mind every day - so
you won't crave anything excessively.

Epictetus often urges his advice by
pointing out the ill-effects/consequences of
not taking the Stoic advice.

#29 - a false dilemma?

46 - philosophers compared w/sheep

49 - Actions - not just words & verbal
expositions & explanations -

'Be' - not just explain the words
of the great ones.

50 - Act, but w/o concern for what others
say abt. you.

51. Progress - Now! Olympic games are NOW!
Be like Socrates!

52. ① Propositions, ② demonstrations, ③ logical
& epistemological foundations.

#① is the most important → practice
living the TRUTH - NOT Logical positivism