



**“Men are
disturbed not
by events, but
by the views
which they
take of them.”**

(Epictetus, Greek philosopher, c.80AD, from the Enchiridion, a manual and collection of Epictetus' sayings compiled after his death by his student Arrian. Epictetus taught the concept of achieving inner freedom through self-sacrifice, caring for others and loving one's enemies, notions which underpin many of today's most progressive life codes.)