



The Epictetus Club: Lessons from the Walls

By Jeff Traylor

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Take a fascinating look inside the old Ohio Penitentiary as you follow a group of inmates who meet weekly under the tutelage of a lifer named Zeno in a group called the Epictetus Club. The inmates study the teachings of this Greek philosopher, and with the help of his ancient wisdom they meet the daily challenges of their lives. Learning to think outside the limits of their own literal walls as they struggle to redeem themselves, the club members show us how to think beyond our own self-imposed limitations and comfort zones.

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The Epictetus Club: Lessons from the Walls By Jeff Traylor Bibliography

- Sales Rank: #426604 in Books
- Published on: 2004-08-01
- Original language: English
- Number of items: 1
- Dimensions: 8.50" h x .40" w x 5.51" l, .50 pounds
- Binding: Paperback
- 156 pages



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