

## Be Down to Earth & Stake Your Own Claim (17m) – Episode 012

Episode 012 looks at two Stoic teachings, “Zeno always said that nothing was more unbecoming than putting on airs, especially with the young.” - *Diogenes*; and “For it’s disgraceful for an old person, or one in sight of old age, to have only the knowledge carried in their notebooks. Zeno said this . . . what do you say? Cleanthes said that . . . what do you say? How long will you be compelled by the claims of another? Take charge and stake your own claim—something posterity will carry in its notebook.” - *Seneca*.

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