

Cowardice as a Design Problem & Negative Perceptions by Others (17m) – Episode 020

Episode 020 looks at two Stoic topics: the first from Seneca who wrote, “Life without a design is erratic. As soon as one is in place, principles become necessary. I think you’ll concede that nothing is more shameful than uncertain and wavering conduct, and beating a cowardly retreat. This will happen in all our affairs unless we remove the faults that seize and detain our spirits, preventing them from pushing forward and making an all-out effort.”; and the second from r/Stoicism, a discussion which began with, “How do you deal with people having incorrect [or] negative perceptions of you?”

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