

Everything is Change & Avoiding the Crowd (21m) – Episode 025

Episode 025 looks at two Stoic topics: the first from Marcus Aurelius who wrote, “Meditate often on the swiftness with which all that exists and is coming into being is swept by us and carried away. For substance is like a river’s unending flow, its activities continually changing and causes infinitely shifting so that almost nothing at all stands still.”; and the second from r/Stoicism, a post by kolbi01 who started off with, “The young character, which cannot hold fast to righteousness, must be rescued from the mob; it is too easy to side with the majority – Thoughts on Seneca’s letter VII”.

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