

# No Excuses & It's Not about You (17m) – Episode 039

Episode 039 looks at two Stoic topics: the first from Marcus Aurelius who wrote, “It is possible to curb your arrogance, to overcome pleasure and pain, to rise above your ambition, and to not be angry with stupid and ungrateful people—yes, even to care for them.”; and the second from r/Stoicism, a post by mussel\_bouy, who started off with, “Have you ever received a venomous insult? Words that stuck in your head? A look that you can’t erase from your memory? Maybe it was on your appearance, your character, your actions? Well it wasn’t about you. It never was.”

Listen to Episode 039 (17m, mp3, 64kbps)

**Subscribe via RSS here, or in any podcast app by searching for “thinking and doing”. Support the podcast at [Patreon.com/evc](https://Patreon.com/evc) or [PayPal.me/everythingvoluntary](https://PayPal.me/everythingvoluntary).**

**Other podcasts:** “Everything Voluntary“, “Voluntaryist Voices”

**Referral links:** Tom Wood’s Liberty Classroom, Ron Paul’s Homeschool Curriculum, Amazon Shopping