

## Seeing Our Addictions & Don't Be a Slave (29m) - Episode 033

Episode 033 looks at two Stoic topics: the first from Seneca who wrote, "We must give up many things to which we are addicted, considering them to be good. Otherwise, courage will vanish, which should continually test itself. Greatness of soul will be lost, which can't stand out unless it disdains as petty what the mob regards as most desirable."; and the second from Demetrius the Cynic who wrote, "If I cherish my body, I make a slave of myself, if I cherish my property, I make a slave of myself; because I've disclosed the means to make me captive."; also a story of devastation experienced by Skyler due to his attachment to some of his property.

Podcast: "#1250 - Johann Hari" - The Joe Rogan Experience

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