

# Sobering Thoughts & Stoic Habits (25m) – Episode 045

Episode 045 looks at several Stoic topics: the first from Epictetus who wrote, “Keep death and exile before your eyes each day, along with everything that seems terrible—by doing so, you’ll never have a base thought nor will you have excessive desire.”; and the rest from lists shared by gdm41 and austinthebean to r/Stoicism introduced as, “Hi guys, maybe you are already aware of DailyStoic.com, they send out a daily newsletter with Stoic topics. Last week they sent a good summary of Stoic virtues/habits to avoid”.

Listen to Episode 045 (25m, mp3, 64kbps)

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