

# What We Train For & Poor Expectations (20m) – Episode 036

Episode 036 looks at two Stoic topics: the first from Epictetus who wrote, “But what is philosophy? Doesn’t it simply mean preparing ourselves for what may come? Don’t you understand that really amounts to saying that if I would so prepare myself to endure, then let anything happen that will? Otherwise, it would be like the boxer exiting the ring because he took some punches. Actually, you can leave the boxing ring without consequence, but what advantage would come from abandoning the pursuit of wisdom? So, what should each of us say to every trial we face? This is what I’ve trained for, for this my discipline!”; and the second from r/Stoicism, a post by Throwawaymykey9000 who started off with, “Whenever you find yourself upset, pay close attention to what false appearance/expectation you had that led to the discomfort. This is how you grow as a Stoic.”

Listen to Episode 036 (20m, 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