

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.”

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