Where The Problem Lies & Practice Care Instead of Judgment (13m) – Episode 060

Episode 060 looks at two Stoic topics: the first from Marcus Aurelius who wrote, "If someone is slipping up, kindly correct them and point out what they missed. But if you can't, blame yourself—or no one."; and the second from r/Stoicism, a post by daviddigit, which started, "I wanted to share a practical exercise that really rocked my world this week. I am inherently an extremely critical person, of myself and others. So this week I was at the airport and decided this would be the perfect opportunity to practice care/love instead of judgment."

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