

# Work in Progress & Emotional Mastery (23m) – Episode 016

Episode 016 looks at two Stoic topics: the first from Epictetus who wrote, ““Show me someone sick and happy, in danger and happy, dying and happy, exiled and happy, disgraced and happy. Show me! By God, how much I’d like to see a Stoic. But since you can’t show me someone that perfectly formed, at least show me someone actively forming themselves so, inclined in this way. . . . Show me!”; and the second from r/Stoicism, a discussion which began with, “The whole thing with removing emotion from things in life makes me just more depressed and has led me to stop reading into stoicism. Do u have any advice for me?”

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