

VS14 - My Take on VS14

Post by "Cassius" of October 3, 2018 at 9:41 PM



No matter how discouraged you may be by events beyond your control, allowing yourself to dwell on being discouraged is not going to add one second to your life. Not one moment you lose living in Stoic acceptance of pain can ever be replaced. So do everything you can to live each day pleurably, even if the only pleasure available to you is the pleasure you take in fighting to eliminate the causes of your pain.

VS 14. We have been born once and cannot be born a second time; for all eternity we shall no longer exist. But you, although you are not in control of tomorrow, are postponing your happiness. Life is wasted by delaying, and each one of us dies while occupied.