

Episode 291 - TD21 - Epicurus Pushes Back Against "Expect The Worst And You'll Never Be Disappointed"

Post by "Bryan" of July 26, 2025 at 11:20 AM

I feel as though a lot of modern psychology, with its focus on problems, makes this error.

Do you have an unpleasant feeling? They will give it a specific name, and focus on its source and ramifications!

Once your own personalized list of problems are labeled -- you can look after those problems more specifically and more effectively make them grow stronger!

All that is needed is to throw away the TV, and sleep and exercise a lot. Things grow with focus. Focus on the good!