

Exposition therapy, Courage and when choosing Pain

Post by “Matteng” of January 14, 2026 at 3:53 PM

Yes thank you ☐

It is from podcasts/essays.

Today in a podcast it was about how important experience of suffering is to grow.

I first thought this would be against Epicurean Philosophy, but then I realized: No, for greater benefit, it is recommend. For greater suffering it would be unprudent...