

# **Metrodorus On The Importance of A "Strong Constitution of Body"**

**Post by "Hiram" of July 29, 2019 at 10:32 AM**

This reminds me of Michel Onfray's praise of ancient philosophers who rejected Stoicism because they felt that they had to be true to their bodies and wanted to philosophize with their bodies--making the body a token of one's conscience because it represents that which we know with all our being to be true.