

**I'm back.....:-)**

**Post by "Susan Hill" of November 12, 2020 at 8:35 AM**

Hi Brett. I fell in with the Stoic crowd myself for some time. For me, ultimately, I found that any philosophy that focused on combating pain ended up leaving no room for pleasure. It is like if you are in a dark room, and you want to see, you get nowhere by pushing at the darkness - you just have to turn on the light. I am so used to trying to "figure out" suffering, that it is a big change being led by nature/pleasure instead, but good things are happening due to that change of orientation.