

# Natural versus Unnatural

**Post by “Matt” of January 10, 2021 at 6:32 AM**

And Charles absolutely! What is the “end” for the stoic practitioner? What is the goal of all this mental sharpening?

Not everyone ends up in a prisoner of war camp like Stockdale did. There are terribly tough times in life, but that does not negate the fact that there are an infinite number of possible pleasurable experiences in life. So to justify spending your life trying to repress your feelings and deny yourself pleasure to be able to deal “better” with tough times is preposterous.