

Stoicism 101 on 10% Happier podcast

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<https://www.tenpercent.com/podcast-episode/nancy-sherman-382>

In the interests of keeping up with our rivals, I started to listen to this 10% Happier episode with Dr. Nancy Sherman (wasn't aware of her) who just published a book on Stoicism. I haven't finished the episode yet, so if anyone also listens, feel free to share your thoughts.

I think there are practices that are or could be common to Epicureans and Stoics from a shared Greek culture. So I'm interested to hear her take on those.

However, she lost my sympathetic ear early on when she talked about Stoicism helps deal with tragedy and she used the example of Agamemnon *having* to sacrifice his child to sail. Just in passing, you might miss it if you're not paying attention, but... What, what?! I immediately thought of the Epicurean response to the murder of Iphigenia: *Tantum religio potuit suadare malorum!* So, yeah, if that's the Stoic response to that scene in Greek myth, no thank you.

They also talk briefly about Stoicism's embrace by the "Manosphere". I hadn't heard about that until recently, but I've also read a little stuff from Donna Zuckerberg and her research. If interested, just search online for her name and Stoicism or "red pill." You'll get results.

The thing that gets me with modern Stoics is their lack of "source" for their virtue. The originals were convinced they were cogs in the wheel of the universe, put in their position by Zeus or some Power, and what happened to them was part of a divine plan. That is muted or absent in much of what I've seen of the moderns. And if they throw that away, why be resigned with what just happens to you by chance?

Dan Harris is a good interviewer and comes at his guests with curiosity. There could be some good stuff in there, but, shall we say, approach the Stoa with caution.