

Stoicism 101 on 10% Happier podcast

Post by “Joshua” of September 28, 2021 at 7:29 PM

I was reading through r/AskReddit the other day and there was a thread titled something like "What was the closest you've ever come to suicide, and what was it that brought you back?" I clicked on it for the human interest angle, and read a post that said that 'studying stoicism really helped.'

Hey, if you're at that terrible point in your life, and stoicism is the one thing that pulls you through, that's great. I'm not going to argue or judge.

But is that the advice I would give to a friend? Sadly, no. Surely we can do better than to tell a suffering fellow human that the way to move beyond suicide ideation is to realize that life and its experiences are 'indifferent.'

I hope everyone in that thread is doing ok.