

Stoicism 101 on 10% Happier podcast

Post by "Cassius" of September 28, 2021 at 7:54 PM

I know you probably didn't intend that as a joke but I almost put a "ha" icon. The very idea that sending someone in that condition to Stoicism is in my view a prescription for disaster. When someone faces that kind of condition my instinct is to emphasize to them at a gut level how much life is worth living. Anesthesia has its uses and I won't say that stoicism might not serve that role, but returning to health requires the will to improve, and Stoicism deadens that will as much as anything else.