

# Episode 195 - Cicero's On Ends - Book Two - Part 05

Post by "Don" of October 12, 2023 at 8:38 AM

## [Quote from Cassius](#)

the 100% / 0% goal is a "whole organism" perspective, and not an inflexible rule that says at every moment that your "prime directive" is to make sure you never experience a moment of pain.

That sounds to me like an echo of the Stoic "if you're not 100% virtuous all the time, you're crap." I seem to remember they say you can still drown an inch below the surface of the water. Maybe people are mapping a Stoic perspective on an Epicurean idea?