

Episode 286 - TD16 - Confronting Pain With Reason Rather Than With "Virtue"

Post by "Patrikios" of June 22, 2025 at 10:13 AM

[Cassius](#) , [Joshua](#) ,

Thanks for the helpful discussion in this podcast on managing pain. In II-XXI.

Quote

The whole, then, consists in this, that you should have command over yourself. I have already told you what kind of command this is; and by considering what is most consistent with patience, fortitude, and greatness of soul, a man not only restrains himself, but somehow or other mitigates even pain itself.

These admonitions from Cicero reminds me of the quote from "Lawrence of Arabia".

"The trick is not minding that it hurts..."

But this was more a display of stoic behavior.

[linkdb]<https://youtu.be/TvQViPBAvPk?si=a2DrDHI-xMXwqSua>[/linkdb]