

# Beyond Stoicism (2025)

Post by “Don” of August 12, 2025 at 8:05 AM

[Quote from Cassius](#)

Just FLEE from pain with as much speed and abandon as you can!

Well, they're word choice is correct but in the wrong place. The old "choice and avoidance" is better translated as "choose and flee" but we aren't encouraged to flee from pain. We're instructed to choose the path that leads to the most pleasure, and sometimes that means experiencing some pain.

The whole chapter is a trainwreck from beginning to end.