

# I'm back.....:-)

**Post by "brett" of November 12, 2020 at 8:52 AM**

[Quote from Susan Hill](#)

Hi Brett. I fell in with the Stoic crowd myself for some time. For me, ultimately, I found that any philosophy that focused on combating pain ended up leaving no room for pleasure. It is like if you are in a dark room, and you want to see, you get nowhere by pushing at the darkness - you just have to turn on the light. I am so used to trying to "figure out" suffering, that it is a big change being led by nature/pleasure instead, but good things are happening due to that change of orientation.

that's a great way to put it. Ultimately I decided that I couldn't embrace any philosophy that focused on deadening my senses and urging me to treat the death of my lovely wife the same as a broken cup (my wife did not pass thankfully. It's a reference to a passage in Epictetus)

thanks for your response.

brett