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Ms. Johnson

HE 220 02

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Quote Analysis - Short Writing Assignment, (A paragraph)

"If you are distressed by anything external, the pain is not due to the thing itself but your own estimate of it; and this you have the power to change at any moment." -Marcus Aurelius

Please explain what you believe the author is saying in the writing of this quote.

I believe that the author is saying that you have the power to decide what can hurt you and what can not. If there is something in your life that is weighing you down or hurting you all you have to do is let go. I think that many people forget that we can just let go of things and people that hurt us. Instead, we like to keep hanging on to these things or people fully knowing that they are hurting us.