

PreDefence

Self defense before SHTF

<https://predefence.com>

Perspective - we all need some

Categories : [Emotions](#), [Uncategorized](#)

Tagged as : [emotional self defenseperspective](#)

Consider this emotional self defense. Emotional self defense for the future.

I still remember the first Seneca quote in this article. It's been years since I first read it, but the one line has stuck with me since.

"For we are mistaken when we look forward to death ... whatever years be behind us are in death's hands."

So get some perspective. Read on. And afterwards ask yourself what you did today, that you will thank yourself for in a a years time.

<https://www.artofmanliness.com/articles/what-man-understands-that-he-is-dying-daily-this-is-your-life/>