



Región de Murcia
Consejería de Educación

Dirección General de Formación Profesional
e Innovación

INGLÉS C1

CUADERNO DE CLAVES

COMPRENSIÓN DE TEXTOS ORALES,
COMPRENSIÓN DE TEXTOS ESCRITOS

Y

MEDIACIÓN ESCRITA

CONVOCATORIA
ORDINARIA 2022



COMPRESIÓN DE TEXTOS ORALES

ÍTEM	RESPUESTA
1	(TAREA 1) C
2	B
3	A
4	C
5	C
6	A
7	C
8	B
9	B
10	A
DE 11 A 18	<p>(TAREA 2)*</p> <p>B / C / E / G / H / K / O / Q</p> <p><i>*El orden de los ítems es indiferente.</i></p>
19	(TAREA 3) PERSUASIVE
20	FATALITIES
21	IRREGULARLY
22	PRIORITY
23	GREATER
24	ENGINEER
25	TANGIBLE
26	HUMAN-CAUSED

COMPRESIÓN DE TEXTOS ESCRITOS

ÍTEM	RESPUESTA
1	(TAREA 1) G
2	F
3	K
4	H
5	C
6	B
7	D
8	I
9	E
10	(TAREA 2) WOULD
11	HOMIER
12	STRUCK
13	YET
14	HELD
15	COMPRISES
16	ALONGSIDE
17	REPLICATED
18	(TAREA 3) C
19	A
20	B
21	J
22	H
23	G
24	K
25	I
26	D

MEDIACIÓN ESCRITA – RESPUESTA MODELO

Hi, Keith? How's it going?

I think it's a brilliant idea to grow and look for business opportunities abroad, mate. The brochure you sent me does actually contain very useful information, so that's awesome! First, you need to focus on effective communication and marketing as a way to create highly valuable strategic partnerships. As for profitability, you'll need to think in the long term and consider the indicators and requirements of each country. Besides, when building your team, bear in mind both the target market and the situation of the market in the countries you intend to aim at. Also, plan the moment carefully. And finally, you have to lead the opening from the inside as becoming international means changing your mentality in many different aspects for which your business needs to be ready...

I think this is pretty much it. Hope that helps!

See you around.

COMPRENSIÓN DE TEXTOS ORALES - TRANSCRIPCIONES TASK 1: HAPPY PLACE

Host: (Example) Miriam, what an honour to have you on my podcast, thank you so much for being here.

Miriam Margolyes: It's lovely of you to want to have me, so, I'm very glad to be with you and I hope that I'm technically proficient at all this because, nowadays, (1C) you have to have a degree in engineering before you open your mouth.

Host: I know... it's outrageous! I've struggled myself over the last year and half but we've worked it out, we pushed through and we're still managing to make the podcast, which is, for me, great because I absolutely love doing it and I love, I love just every week getting to chat someone different about life and the wonderful thing today is... you've, you've written about pretty much your whole life in this brilliant new book which (2B) I've got an early copy of. I was very lucky to get a sneaky copy...

Miriam Margolyes: (2B) Well, that's more than I got... (laughter)

Host: (Laughter) No way!

Miriam Margolyes: I have... did you... first of all, and (3A) I'm only interested in praise, not criticism... what's it like? Did you enjoy reading it? or, what was your feeling?

Host: I loved it, I... Miriam, I loved your book so much... not only is it funny and beyond exciting to read, (4C) it is packed with stories, is a love letter to your friends, I just thought it was beautiful and I adored it. So, I feel very lucky to have an early copy... it's brilliant. I mean, a lot of people these days write an autobiography way too early and you get, you know, like 30 years of an autobiography. (5C) You waited until the age of 80 to look back on your whole life. How was that? Where do you even start with, with trying to form out that and work out the route that you want to take?

Miriam Margolyes: Yes, it was not something I ever intended to do, quite honestly, and I think COVID helped because lockdown meant, **(6A) what is a girl to do?** And when I was in Tuscany in my palm house that I share with my partner Heather and, and the chap we know, Peter, and **(6A) there was nothing much else to do** and then I got an offer that I couldn't refuse from the publisher so I thought, well, let's go, girl, and so gradually I managed to get myself into the frame of mind that I could talk about myself and so I have. **(7C) So, it's a very odd thing to do to tell the truth about yourself** and I knew that it had to be the truth, so that's why there's a lot of naughtiness in it, really, because **(8B) I didn't know how people are going to react... because it's not something that every grandmother is going to want to repeat**, is it?

Host: Oh, it's so fun! It's the most fun book because of the naughtiness and I must add on this podcast you can be as utterly naughty and swear and whatever that you like, we have zero rules here, so don't hold back at all. **(9B) You say at the start of the book that part of this was to try and make sense of life.** Do you think that you accomplish that? Do you feel a sense of understanding of your life now you've, you've completed the book?

Miriam Margolyes: I know a bit more about myself, I think, than I did and I like myself. I've come out of it feeling that I am a decent person because I know, obviously, that I've offended a lot of people in my life and people think I'm very rude and that sort of thing but when I think about what I've done, that sort of thing, I feel pleased, I don't feel smug because I know that **(10A) I'm not complete yet. I've got a way to go**, still, but it is quite a salutary experience because you face yourself... when I have done that quite genuinely. So I'm relieved I've done it and I don't have to write another book. My lovely editor, Georgina, said: "you know, you must write another..." I don't want to write another book, ever, this is it girls and boys but I'm very pleased I've done it.

TASK 2: THE UNEXPLAINED

Howard Hughes: All right, let's get to Maine, now. And, Michelle Souliere is there. Michelle, thank you for coming back on my show.

Michelle Souliere: I'm delighted to be able to spend some time with you again.

Howard Hughes: Well, really nice to be able to do this and **(Example) I was always guilty that we didn't have enough time to talk last time**, so, we're gonna get into, not only the Bigfoot stuff this time, but also some of the mysterious stuff. First of all, though, I said that I thought Maine was a rather beautiful, somewhat remote-looking, certainly for a British eye. You got a lot of space there, a lot of trees and in the winter time you can be knee deep in snow before you know it but **(B) its... seems to me to be the kind of place where people depend on each other as you have to... a hard environment at times** and stories get passed around. Is that just a romantic impression that I've got always? Is that the way Maine is?

Michelle Souliere: (Laughter) I think because a lot of us probably work on a fairly lonely basis, you know, anybody who's out working the fields or working the boats and, you know, various typical Maine, you know, beyond the regular blue-collar work in the urban areas, **(C) you spend a lot of time alone and, so, when you get together with people then, yeah, the tendency is to, you know, share all these little tidbits** that you've been saving up on during the time in between. Yes, so, there's a, **(E) there's a really good storytelling culture in Maine** and there has been for a very long time.

Howard Hughes: Yeah, and a very warm, friendly place from what I remember. I remember going to, I mean, look, Starbucks... they make good coffee but it's not a place, really, where you gonna meet strangers, particularly. I think it's a place where you go get your coffee and you maybe sit there and read the paper or you get the coffee and you take it on the train... whatever you do. **(G) But I remember sitting in Starbucks in Portland... and... it was a really warm and friendly experience and I thought this is not like other places...** I can understand all of that. How did your interest in stories of strangeness and paranormality and cryptozoology... how did all that begin?

Michelle Souliere: Aw, well, I mean, you know, **(H) even as a kid I was reading books about strange things** like the Loch Ness Monster and, you know, ghosts and UFOs and then... **(K) as I got older**, you know, went to school, had to work a lot and then things, kind of, shifted gears for me and I was able to start reading more for my own pleasure and I picked up Loren Coleman's book "Mysterious America", read that, loved it and started looking around for **(K) stuff like that about Maine and was discovering that there really wasn't much** beyond a few collections of ghost stories and stuff like that. Nobody was addressing all the weird, anomalous little bits of Maine history that I knew must exist and so, when I started my Strange Maine blog, it was to, kind of, start putting some of that stuff on record and that's... I've been doing that ever since.

Howard Hughes: It... I mean... it does seem, if you look at it from the UK and our knowledge of America is probably incomplete, just as your knowledge of the United Kingdom might be, somewhat, inclined, you might be an expert on it but... I doubt that you would know every nuance and detail, so if you look at it from over here you get the impression that all of the good stuff happens in places like California and Florida and, you know, New Mexico... Those are the kind of states where you get weird stuff: Sasquatch, Bigfoot, all of this and **(O) nobody ever mentions Maine and sounds to me like you thought that was all wrong.**

Michelle Souliere: (Laughter) Well, I mean, I knew, I knew that we had just as many interesting stories and just nobody had really paid attention to them yet, so... and **(Q) I feel like wherever you are, I feel like your location, undoubtedly, has stories like that** somewhere hidden away, if you go looking for them you'll find them.

TASK 3: AN INTERVIEW WITH BILL GATES

Interviewer: So, how did it feel to make this prediction and, then, have the world essentially not listen and not **Example: PREPARE?**

Bill Gates: Well, there's no good feeling that comes on something like this saying "I told you so". If anything kills over ten million people in the next few decades, it's most likely to be a highly infectious virus rather than a war. You know, I just think back, could I've been more...been more **(19) PERSUASIVE?** We've actually invested very little in a system to stop an epidemic. We're not ready for the next epidemic.

Interviewer: How did you make such a prescient prediction? How did you know this was going to happen?

Bill Gates: Well there's a number of respiratory viruses and, from time to time, one will come along that's very transmissible and causes some level of **(20) FATALITIES.** Respiratory diseases are very scary because you're still walking around, on a plane, a bus, when you're infectious unlike some other diseases like Ebola where you're mostly in a hospital bed by the time the viral load infects other people. Well, there's some risks like earthquakes where we see small earthquakes all the time or, you know, the history of war or fire or hurricanes so you don't forget, these pandemics only come along so **(21) IRREGULARLY** that being lulled into a sense of security where it probably won't be a problem in the next few years, why should we put money into that? you don't buy the insurance policy basically. This one will help us understand it needs to be a **(22) PRIORITY.**

Interviewer: I feel like humans have an issue there with fighting the last battle, potentially, so, if we focus on pandemics now and there isn't one, say, for another hundred years, what is the next disaster? What is the one that we're not prepared for?

Bill Gates: Well, I count... point out two: one is climate change. Every year, there would be a death toll even **(23) GREATER** than we've had in this pandemic. Also, related to pandemics, it's something people don't like to talk about much which is bioterrorism... that somebody who wants to cause damage could **(24) ENGINEER** a virus and so that means the cost, the chance of running into this is more than just the naturally cost epidemics like the current one.

Interviewer: It feels to me like there's something similar about pandemics and, you know, climate change or, like, asteroid impact which is that, you know, they they're not very **(25) TANGIBLE** but you could do a little bit, I don't know, it seems like humans are not very good at those sorts of problems.

Bill Gates: Well, my favorite writer, Vaclav Smil, you know, wrote about all the potential kinds of disasters like, you know, the risk of an asteroid, the risk of a, you know, Yellowstone-like eruption and, in fact, he showed that pandemics were significantly the biggest thing other than a **(26) HUMAN-CAUSED** nuclear war that we needed to be more prepared for.

COMPRESIÓN DE TEXTOS ESCRITOS

TASK 1: Hooked on Squid Game? Here are 10 of the best K-dramas to watch next

EXAMPLE: Guardian: The Lonely and Great God

This fantasy romance is often described as one of the best K-dramas of all time – perhaps because of the memes it has birthed, or maybe because of its pin-up leads Gong Yoo (who plays Kim Shin) and Kim Go-eun (who plays Ji Eun-tak). In it, we meet the lonely and great god, Kim Shin – also known as Goblin – who has been alive for 900 years, and needs to find a human bride to set his soul free. While it can be a little cheesy, **(EXAMPLE) where else on TV will you find immortal love, a likable grim reaper and a squad of ghosts all in one place?**

1. Itaewon Class

(1G) After being wrongfully sent to prison for three years, Park Sae-ro-yi (Park Seo-joon) has a dream to realise: That dream? To open a restaurant and ensure it becomes the biggest food chain in Korea, which – along with his loyal friends – he slowly turns into reality. Set in Itaewon, a neighbourhood known as Seoul's most diverse area and often referred to as "foreigners district", this is a story about how the rich abuse their power, and how it's possible to rise above injustice. And it wouldn't be a classic K-drama without a love triangle. In fact, it has everything you need – including none other than V of BTS on the official soundtrack.

2. Reply 1988

Reply 1988 begins in the year South Korea hosted the Olympics and follows the lives of five friends in the neighbourhood of Ssangmun-dong in northern Seoul: carefree Deok-sun, fellow trouble-maker Dong-ryong, model student Sun-woo, grumpy Jung-hwan and Choi Taek, a reserved Baduk (Go) player. It is difficult to pinpoint exactly what makes Reply 1988 one of the best and most-loved K-dramas of all time. But from its 80s pop culture references to the *ahjummas* (auntie figures) **(2F) whose stories will move you to tears**, you will find yourself pleasantly invested in its charming, nostalgic story. Plus, it ends with a twist.

3. Hospital Playlist

From the director of Reply 1988, Shin Won-ho, Hospital Playlist follows five doctors in their 40s, who have been best friends since they entered medicine, as they deal with the personal struggles that come with their profession. However, this slice-of-life series is more heartwarming than heartbreaking. **(3K) The group are also in a band created to unwind after the pressures of hospital life**, and the songs they perform at the end of each episode are irresistibly fun.

4. Welcome to Waikiki

What happens when three friends – an aspiring film director, **(4H) an aspiring actor (with all the right connections yet determined not to use them)** and an uninspired freelance writer – open a guesthouse, and a single mother and her baby come to stay? If you want some light relief from heavy K-dramas or a break from binge-worthy romances, this is for you. Despite the lighthearted feel of the show, it also covers heavier topics as the group figure out how to achieve their dreams and find love.

5. Sky Castle

Released in 2018, Sky Castle is a story of power, prestige and privilege, **(5C) which sparked widespread debate on the academic pressure faced by students in South Korea**. The drama follows a group of elite families as they compete at any cost to get their children accepted into Korea's top three prestigious SKY universities – Seoul National University, Korea University and Yonsei University – with fatal consequences. The second most-watched drama in Korean cable television history, this controversial series is a must-watch.

6. Signal

Signal isn't a typical, predictable crime drama. Based on real-life events (with some embellishment), this thriller sees Lee Je-hoon play Park Hae yeong, a criminal profiler who uses a mysterious walkie talkie to communicate with a detective from 1989, Lee Jae-han (Cho Jin-woong). **(6B) Hae-yeong ends up becoming a mentor to detective Cha Soo-hyun (Kim Hye-soo), as they try to get to the bottom of Jae-han's mysterious disappearance 15 years earlier.** With each instalment offering uncanny twists and turns, you'll find yourself clicking to the next episode before the credit start.

7. Hello, My Twenties!

While the title might sound lighthearted, this is a thoughtful, introspective and moving depiction of sisterhood. We watch as a group of twentysomething university housemates mature over each episode, dealing with the turbulence of life, from familial and financial pressures to breakups. Among them, Yoon Jin-myung, a university student who works several jobs to support herself; Song Ji-won, an outgoing journalism major, obsessed with men; Jung Ye-eun, who is religious and preppy; Kang Yi-na, who works as an escort and has a carefree life, and the newest addition to the group, the timid Yoo Eun-jae. The characters come from various backgrounds, but their love and care for each other are never in doubt, **(7D) emphasising the message that friendship rarely depends on similarities but, rather, thrives on differences.**

8. Weightlifting fairy Kim Bok Joo

It is not every day you find a protagonist who is as likable as Kim Bok-joo (Lee Sung-kyung). A weightlifter at a sports university, she is hilarious, kind and loyal, perfect for this feelgood drama that captures the excitement of a new relationship. Nam Joo-hyuk plays Jung Joon-hyung, a swimmer at Bok-joo's university who proves a perfect love interest for her, **(8I) despite battling his own trauma**. The onscreen chemistry between the pair underpins this sweet coming-of-age tale.

9. Because This Is My First Life

This drama doesn't rely on the classic enemies-to-lovers trope – indifferent acquaintances to lovers would perhaps be more accurate. When Nam Se-hee – a robotic computer designer who sticks religiously to his daily routine – meets Yoon Ji-ho, a screenwriter who abruptly moves out of her family home, it feels like two worlds are clashing – . However, as the series continues, you'll be pleasantly surprised with where this unlikely relationship ends up. A charming – and rare – feature of the series is that its supporting characters' storylines are as fleshed-out as the main plot. Namely, that of Woo Su-ji, who works in a corporate office **(9E) filled with misogynistic men**, with the series examining the effects of sexual harassment in the workplace. The overall effect is a romcom that feels more stable and secure than frantic and exciting, but will still have you feeling emotional nonetheless.

TASK 2: When living apart keeps you together

When my friends Brittany Mytnik, 28, and Ben Nicolaysen, 27, come home from work, they like to cook dinner together and talk about their days. They're like most couples in **(EXAMPLE) that way**. What they cook might vary, but there's a familiar cadence to their routine: Nicolaysen follows the recipe in his head and plucks ingredients from the fridge and off the wire pantry rack in the kitchen. Mytnik plays the part of sous chef, following gentle instructions to prep and chop all the vegetables.

But for a year, they acted differently from most other couples in one big way: When they were finished cooking, they **(10) would** plate the hot food in his apartment and carry it upstairs to her apartment to eat.

Visiting one night after work, we stood around chatting and preparing stir-fry, and I asked them why they don't stay in one place for dinner. Nicolaysen, as the consummate chef in the relationship, has all the equipment and food, they told me as broccoli sizzled and popped in hot oil—in his wok, on his stove—but they eat upstairs because Mytnik has the bigger, nicer table and the **(11) homier** decorative aesthetic.

It **(12) struck** me that they were getting the best of both worlds: all the benefits of coupledness without any sacrifice of individualism. Put more practically, they were sharing an IP address without having to share an actual address.

"There are two things that just about everyone wants, though in vastly different proportions," writes social psychologist Bella DePaulo in her book *How We Live Now*. "They want time with other people and time to themselves."

As I looked for other Boston-area couples living close enough to share everyday routines, while still maintaining separate spaces, I found an entire world of people voluntarily "living apart together." **(13) Yet** the more I read about the phenomenon, the more I realized how inadequately the term makes space for the vast diversity within and around it. There are many couples who live apart involuntarily, separated by borders, jobs, or other circumstances, and others who might wish to live apart but can't afford to do so.

My friends saw living apart together not as a permanent situation but as an added transitional step between dating and the heteronormative ideal of sharing one bedroom in one home. They **(14) held** true to that—midway through reporting this story, they ditched their twin apartments and moved into one apartment together. But other couples enter into similar situations with the intent of living like this forever.

Google "living apart together" and you'll find a dizzying number of articles, most focused on whether this behavior is socially acceptable or good for a relationship. Many analyze the lives of celebrities who do it, like Gwyneth Paltrow and Brad Falchuk, or freewheeling artists who lived apart, like Frida Kahlo and Diego Rivera. These stories erase the vast number of ways and reasons that regular people are, in this moment, living apart together, and the fact that people have actually lived like this for centuries—although the demographics and reasons keep evolving. Living apart together has its tangled roots in both the aristocracy and queer culture, and its contemporary branch **(15) comprises** couples looking to prioritize individualism and moments of intentional solitude as features of longterm relationships, not roadblocks to togetherness.

In the mid-1600s, an expansive and intentional divide was built into the layout of the Palace of Versailles—one of the best-known examples of untethered opulence in the world. On the south side of the estate, a series of rooms called the Queen's Apartments were designed to overlook perfectly landscaped flowers in the palace's Midi Parterre. To the north were the King's State Apartments, with an identical layout. Queen Maria Theresa was the first to live in these accommodations, **(16) alongside** her husband, King Louis XIV. Although the king and queen technically shared a residence, and the king would frequently dine in the queen's apartments and sleep in her bedroom, this luxurious layout also allowed for vast separation when needed.

Being able to separate from one's partner within a shared home required economic privilege. Versailles exemplifies this on an enormous scale, but the practice is **(17) replicated** in more modest terms in large Victorian and Edwardian homes, where the man and woman of the house might at least have their own bedrooms (while their servants would've gone home to squish sometimes three generations in one bed).

But outside of those privileged settings, living separately isn't a symptom of marital discord or a way to cover it up. It has actually played a critical role in the *survival* of LGBTQ relationships.

TASK 3: The Revival of Stoicism

Everyone from Silicon Valley billionaires to self-help enthusiasts is repurposing Stoicism for our modern age, with **(EXAMPLE) results that are good, bad**, and highly indifferent.

Last September, a communications worker at the European grocery chain Lidl was fired for calling Asian people "greasy." The worker, Samuel Jackson, sued Lidl in response, claiming that he was a victim of religious and belief discrimination. Jackson said at a virtual hearing in the UK that he doesn't concern himself with the external consequences of his words or actions as part of his **(18C) adherence to the ancient philosophy, Stoicism**.

"Given that his job is in communications, one can see the potential for conflict, but that is a separate issue," the judge noted, before ultimately finding that Stoicism is **(19A) a belief protected under the Equality Act** and allowing the case to proceed to the next stage.

Over the last 10 years, Stoicism has gone from a topic confined to philosophy lectures to one consumed by the masses. Sometimes referred to as Modern Stoicism, Stoic ideas and texts are now found in dedicated podcasts, newsletters, Instagram accounts, self-help books, personal coaching, and in-person events, like the well-attended annual event Stoicon.

During the pandemic, Stoicism's popularity has only grown. Print sales of *Meditations* by Marcus Aurelius went up 28% in the first part of 2020 compared to 2019, and print sales of Seneca's *Letters from a Stoic* increased 42%. E-book sales of *Letters from a Stoic* went up 356%. Penguin Random House told *The Guardian* that while 16,000 copies of *Meditations* were sold in 2012, more than 100,000 copies were sold in 2019. "We have noticed **(20B) a natural (slightly mysterious) year-on-year increase** in our sales of the Stoic philosophers," the Penguin representative said.

As trends go, a philosophy that preaches emotional tranquility, reason, and virtue would seem to be on the beneficial end of the spectrum. But Jackson's case is **(21J) just one example of what can happen when an ancient philosophy** becomes popular, widely adopted, and, at times, distorted.

Alongside broad general interest, Stoicism **(22H) has an outsized allure in certain cultural spheres**. Jack Dorsey, the CEO of Square and Twitter, has been called the "Silicon Valley Stoic" for his 5 a.m. wake-up time and ice baths. Elizabeth Holmes, the founder of Theranos, has called *Meditations* her favorite book. Billionaires like Warren Buffet, Jeff Bezos, and Mark Cuban have been described as Stoics, and there's an entrepreneurship-focused lobbying firm, the Cicero Institute, named after the Stoic Roman philosopher. Classicist Donna Zuckerberg—Mark's sister—has pointed out the rise of a small, but troubling, group of far-right men who gravitate towards Stoicism to validate misogynistic and racist beliefs. A question currently dogging Modern Stoicism is a disconcerting one: Are billionaire and incel Stoics missing the mark? Or, are there elements of Stoicism that inherently justify their conduct and beliefs?

The answer is, "Perhaps." Stoics, unlike their contemporaries the Epicureans and the Cynics, **(23G) had no position against extreme wealth or status**; they were not to be sought after, but if you happened to be wealthy or powerful, so be it. It would be a misread to say that Stoicism encourages emotional suppression, but it *is* focused on emotional regulation—an appealing skill for those who view emotions as irrational, weak, or unmasculine. And Modern Stoicism's emphasis on focusing only on what you can control, in some permutations, can support expressions of capitalistic individualism that view wealth status or social disparities as givens, and **(24K) place priority on furthering personal interests or affluence**; this might be more likely in iterations of Modern Stoicism that don't highlight themes of interconnectedness that arise from Stoicism's metaphysical, pantheistic side.

Modern Stoicism **(25I) has interesting parallels with how Buddhism** and mindfulness have integrated into personal, wellness, and corporate spaces alike. Mindfulness, like Stoicism, can both be a boon for individual and collective mental wellbeing, and also a stand-in for more meaningful measures or activism—as when

companies provide mindfulness or meditation workshops in lieu of living wages or better health insurance. As the next ancient form of wisdom to go mainstream, Stoicism will be subject to similar competing applications.

What is Modern Stoicism used for? Inner peace and mental serenity? Productivity and creating a Fortune 500 company? Fighting against climate change and for social justice? It's currently all of the above, depending on who you ask. Stoicism's memeable soundbites and its practical advice make it both incredibly useful as a strategy of resilience, and highly commercializable and pliant to varying interpretations. It can serve as an accessible entry to philosophy, offer genuinely helpful coping mechanisms, and a way to approach difficult circumstances, or, it can be adapted to justify one's pre-existing lot in life, forgo larger social change, and regulate away messy emotions, even in moments when vulnerability or attachment might be more beneficial. It will be up to the Modern Stoics to **(26D) define the boundaries and applications of the philosophy** so that it aligns with, to borrow a Stoic phrase, a virtuous life.