

https://en.wikisource.org/wiki/Of_Peace_of_Mind#cite_note-6

XVII.1 It also proves a fertile source of troubles if you take pains to conceal your feelings and never show yourself to any one undisguised, but, as many men do, live an artificial life, in order to impose upon others: for the constant watching of himself becomes a torment to a man, and he dreads being caught doing something at variance with his usual habits, and, indeed, we never can be at our ease if we imagine that everyone who looks at us is weighing our real value: for many things occur which strip people of their disguise, however reluctantly they may part with it, and even if all this trouble about oneself is successful, still life is neither happy nor safe when one always has to wear a mask.

XVII.2 But what pleasure there is in that honest straight-forwardness which is its own ornament, and which conceals no part of its character? Yet even this life, which hides nothing from any one runs some risk of being despised; for there are people who disdain whatever they come close to: but there is no danger of virtue's becoming contemptible when she is brought near our eyes, and it is better to be scorned for one's simplicity than to bear the burden of unceasing hypocrisy. Still, we must observe moderation in this matter, for there is a great difference between living simply and living slovenly.

XVII.3 Moreover, we ought to retire a great deal into ourselves: for association with persons unlike ourselves upsets all that we had arranged, rouses the passions which were at rest, and rubs into a sore any weak or imperfectly healed place in our minds. Nevertheless we ought to mix up these two things, and to pass our lives alternately in solitude and among throngs of people; for the former will make us long for the society of mankind, the latter for that of ourselves, and the one will counteract the other: solitude will cure us when we are sick of crowds, and crowds will cure us when we are sick of solitude.