

Happiness Lab episode on Daoism

Post by "Don" of May 4, 2021 at 7:12 AM

<https://www.happinesslab.fm/happiness-less...isode-9-lao-tzu>

I'm posting this for two reasons:

- 1) I found the mention of Daoist "belly wisdom" striking in its similarity to Epicurus's emphasis on the belly/stomach. Not saying it's equivalent, but intriguing in similar terminology. Overall, an interesting podcast.
- 2) I was disappointed that Dr. Santos' mini series included Aristotle and the Stoics as representatives of ancient Greece with no mention of Epicurus. Although, maybe that's for the best. No mention is better than ascetism mentions.

<https://www.resources.soundstrue.com/transcript/sol...e-tao-te-ching/> I haven't listened to this but saw in the description: "We talked about belly knowing versus intellectual knowing." That sounds Epicurean.