

# Happiness Lab episode on Daoism

Post by “Don” of May 4, 2021 at 3:47 PM

## [Quote from Cassius](#)

A likely guess is that they consider that when they include the Stoics they're implicitly including Epicurus, since "every knows" Epicurus was basically an ascetic like the Stoics (and the rest of the Greeks), but with a flair for using words in creative ways!

I wish it was that. I suspect no one has written a popular enough Epicurean self help book for her to invite on to the podcast.