

New Christos Yapijakis Article: "The Philosophical Management of Stress"

Post by "Cassius" of January 6, 2023 at 4:18 PM

Thanks LR for posting those links. I have an initial observation about those articles that I find very interesting.

Unless I am missing something (always a possibility!) the article "Philosophical Management of Stress Based on Science and Epicurean Pragmatism" does not contain even a single instance of the word "pleasure." No need to comment further at the moment on why that might be, but one indication of a sound Epicurean approach to me has always been to be sure that "pleasure" is not obscured or replaced with other priorities.

The other article "Epicurean Stability" does mention "pleasure" fairly regularly, so that's more reassuring. However on first glance it looks like that article is going to give us a lot of opportunity to discuss how to keep sharp the distinctions between core Epicurean viewpoints as opposed to "eudaimonia" "well-being" and "flourishing" and similar concepts often problematic when used too loosely. Could be that we'll need to consult some of Diogenes of Oinoand's "shouting" about keeping "pleasure" in its proper place before this is over. 😊

Lots more to read before I can comment much more.