

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

Post by "Cassius" of January 7, 2023 at 12:51 PM

## [Quote from Don](#)

In the end, as I said, I can appreciate his work over the years, but I'm not entirely comfortable with some of his emphasis and his framing

Yes I agree. I think a significant part of the question comes from the attempt to combine Epicurus with "Humanism" and other viewpoints, with the inevitable tensions that that creates.

We all have a very understandable desire to take a "big tent" approach, but we need to be honest with our readers and ourselves as to how far to go in that regard, or else we end up in disappointment and disillusionment. "Humanism" is an even more ambiguous term than "Epicureanism," but I think it is fair to say that whatever we consider "Humanism" to mean, it means something other than a pleasure-based ethics. And in fact the articles we are talking about are pretty specific in defining their ethical goals in terms of Humanism rather than Epicureanism, as if Epicureanism is just a tool to convince people to be Humanists.

A lot of the phrasing I think we are seeing seems to be geared towards "flourishing" and "wellbeing" and similar terms that evoke more of an Aristotelian and even Platonic approach than I think most of us here would conclude us truly compatible with Epicurus. Anytime we start de-emphasizing the term "pleasure" with other wording we are in dangerous territory.