

# Welcome Paulo!

**Post by “PaulO” of March 25, 2023 at 10:23 PM**

Thanks for the welcome. I'm a very ordinary retired bloke with no academic background. My reading over the past 10 years or so in the area of philosophy for amateurs has led me in the direction of Stoicism but that didn't sit well with my experience of real life. I was just beginning to read about Epictetus and today came across an article, *How to live like an Epicurean*, by Emily Austin published by Psyche which articulated for me my reservations about Stoicism - an excellent and really helpful article. A search for more information about Emily Austin led me to your website. I doubt I'll be much of a contributor but I hope to learn a lot. Paul