

# Welcome TAC

Post by “Kalosyni” of April 12, 2023 at 3:09 PM

@TAC Welcome to the forum! 😊

## [Quote from TAC](#)

So much of what they philosophized about, felt relevant. I found shades of them in Eckhardt Tolles famous books as well as...don't laugh some of Tony Robbins as well! Haha I was struck by how much of what I read about Epicurus seem to really resonate with me. In particular...ataraxia.

Way back some time ago I briefly read some of Echardt Tolle and Tony Robbins. I am pondering as to where there could be some overlap between their philosophies and Epicurus' philosophy. My memory and intuition feels that there are definitely some core differences. Where there is overlap, we would need to see if it encouraged actively pursuing what is pleasurable in life. So to the extent of, if and when they urge following pleasure as a guide (as Epicurus urges) that would be an important aspect.

As for ataraxia, I like to define it as "smooth sailing" to highlight active choices rather than passivity. 😊