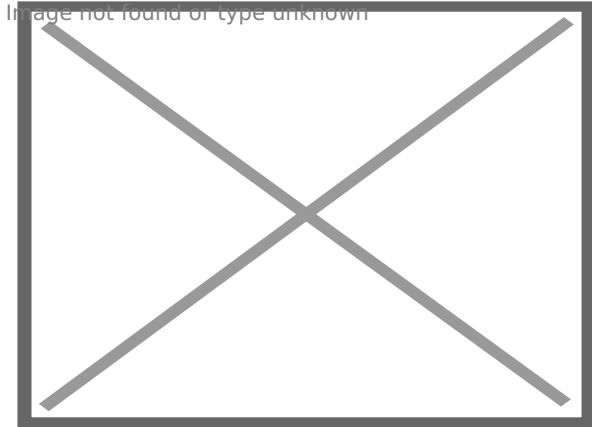


# Stoics Aren't Ascetics... It's Those Epicureans!

Post by "Don" of November 29, 2024 at 7:41 AM



['Are Stoics Ascetics?' by Piotr Stankiewicz](#)

Are Stoics Ascetics? by Piotr Stankiewicz A few days ago I befriended an intelligent young woman on Facebook. We first met following the recent publication of...  
modernstoicism.com

Well, this is an annoying little article. I didn't read the whole thing but stopped when I got here:

## Quote

But it is not so. Stoicism is not asceticism and a Stoic is not a monk. In fact, it is the school of the pale Epicureans that is closer to the ideal of abstemiousness.

Where does he get "pale"? Did I miss a text? Maybe from Epictetus? I'll have to dig around unless someone knows and shares.

Maybe we can both agree that Diogenes the Cynic was really the ascetic. Throwing away your drinking bowl because you realize you can use your cupped hand... That's ascetic.