

## **Alex O'Connor made a video about us.**

**Post by “wbernys” of May 4, 2026 at 6:15 PM**

I waa about to get upset at Alex o'connor making a video about Stoicism but not us. Thankfully he's interviewing an Epicurean now. Alex is pretty good so i hope this help. Wanted to share this video, pretty good so far.

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[An Ancient Guide to Happiness - Epicurus on How to Live Well](#)

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