

Why Does Stoicism Seem to Be More Popular Than Epicureanism, Especially In England?

Post by “Susan Hill” of October 3, 2020 at 2:09 PM

This thread came up when I did a search for "Positive Psychology". I was wondering if Positive Psychology could be said to be the modern version of Epicureanism, just as Cognitive Behavioural Therapy is claimed by some to be the modern version of Stoicism. (Indeed, the fellow who heads up the annual "Stoicon" conference is a CBT therapist.) The link to an article above does not work anymore.

Obviously, modern psychology has little to do with atomic theory or the gods. Maybe that is its weakness. Every good ancient philosopher knew that a good philosophy needed to be grounded in physics and/or metaphysics! But if Positive Psychology is the science of what makes people happy, would we not be behooven as Epicureans to study it?