

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

Post by "Cassius" of October 3, 2020 at 4:44 PM

I am not familiar with a specific school of psychology known as "Positive Psychology." I know from a private message that Godfrey has an article that we might want to post here, but maybe someone knows a more representative link that would explain the issue.

Is this wikipedia article a decent start? https://en.wikipedia.org/wiki/Positive_psychology

If so, it might occupy an uneasy middle ground between Epicurus and Aristotle and/or Humanism, and it seems those ultimately resolve in favor of the non-Epicurean approach because they insist on gravitating toward "meaningfulness" rather than "pleasure." "Eudaemonia" and "flourishing" seem to always end up being Aristotelian.

Quote

Positive psychology is concerned with [eudaimonia](#), "the good life" or [flourishing](#), living according to what holds the greatest value in life - the factors that contribute the most to a well-lived and fulfilling life. While not attempting a strict definition of the good life, positive psychologists agree that one must live a [happy](#), engaged, and meaningful life in order to experience "the good life." [Martin Seligman](#) referred to "the good life" as "using your signature strengths every day to produce authentic [happiness](#) and abundant gratification".^[7]