

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

Post by "Susan Hill" of October 3, 2020 at 8:42 PM

This is great information. Thank you. I read Godfrey's article too. That one certainly makes it seem like Positive Psychology stole a bunch of stuff from Epicureanism, called it a New Science and slapped a whole lot of modern jargon onto it. The overall effect is to take away some of the forcefulness of the original sources, for me. Seligman's work above does not even resemble science to me.

There are some of their findings that seem more rigorous - actual studies as to activities or attitudes that make for a happier person. One take-away I remember from them (I'm sorry I forget the source), was that concerns about finding "meaning" in life tend to evaporate when a person's essential needs for happiness are met, e.g. friendships, security, autonomy, privacy, etc. Since Epicurus is accused of teaching that life is meaningless, perhaps this would be an answer to that.