

Happiness Lab episode on Daoism

Post by “Don” of May 4, 2021 at 7:12 AM

<https://www.happinesslab.fm/happiness-less...isode-9-lao-tzu>

I'm posting this for two reasons:

- 1) I found the mention of Daoist "belly wisdom" striking in its similarity to Epicurus's emphasis on the belly/stomach. Not saying it's equivalent, but intriguing in similar terminology. Overall, an interesting podcast.
- 2) I was disappointed that Dr. Santos' mini series included Aristotle and the Stoics as representatives of ancient Greece with no mention of Epicurus. Although, maybe that's for the best. No mention is better than ascetism mentions.

<https://www.resources.soundstrue.com/transcript/sol...e-tao-te-ching/> I haven't listened to this but saw in the description: "We talked about belly knowing versus intellectual knowing." That sounds Epicurean.

Post by “Cassius” of May 4, 2021 at 9:04 AM

A likely guess is that they consider that when they include the Stoics they're implicitly including Epicurus, since "every knows" Epicurus was basically an ascetic like the Stoics (and the rest of the Greeks), but with a flair for using words in creative ways!

Post by “Don” of May 4, 2021 at 3:47 PM

[Quote from Cassius](#)

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I wish it was that. I suspect no one has written a popular enough Epicurean self help book for her to invite on to the podcast.

Post by “Cassius” of May 4, 2021 at 3:59 PM

Well your work is cut out for you! 😊 And in the meantime you would make a great guest for the podcast!