

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.

Image not found or type unknown



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

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Post by “Don” of May 4, 2026 at 8:46 PM

I see the guest is coming out with a new book:

<https://us.macmillan.com/books/9781250454256/theartofenough/>

Post by “wbernys” of May 4, 2026 at 9:20 PM

[Quote from Don](#)

I see the guest is coming out with a new book:

I saw too. Nice to hear. All around a pretty good interview. Got off topic a lot though but I love how he pointed out how the Stoic worldview of virtue in of itself being good makes no sense without the logos despite modern Stoics saying otherwise.

He does still tread on the idea of the highest pleasure being the absence of pain, which is a shame, I can already hear [Cassius](#) blood pressure rising from that. Still, if Stoics have to deal with Andrew Tate, we can deal with a (very sympathetic) misunderstandings.

Post by “wbernys” of May 4, 2026 at 9:22 PM

However he is noticeably critical about how much the modern self helped overplays the whole idea of eudaimonia versus Enjoyment or pleasure tho, which is nice.

Post by “Cassius” of May 4, 2026 at 9:51 PM

My blood pressure started rising as soon as I saw that the opening graphic features the smashed-version Epicurus bust (which I detest when people use rather than the many perfectly-good alternate versions that are available). But I won't charge that to the interviewee, and at least at the moment that's not on the cover of his book.



I also see that the book isn't scheduled for release until 2027 if I read correctly. I always feel better if the word pleasure is in the title or subtitle, which it doesn't appear to be, but i do see pleasure mentioned in the description, and i see that it specifically is "not a book about wanting less" so I will remain cautiously optimistic!

Post by “Don” of May 4, 2026 at 11:10 PM

I found another video where the author defends Epicurus and his philosophy against a host calling Epicurus "the worst philosopher". I haven't watched it all yet, but it seems to start strong:

<https://youtu.be/-f9rPFNzGZw?si=QehJ3fUkiwu4xkw2>

Post by “Don” of May 5, 2026 at 6:50 AM

[Quote from Cassius](#)

the smashed-version Epicurus bust (which I detest when people use rather than the many perfectly-good alternate versions that are available)

I would agree there are better alternatives, but in some ways I like the broken one as a metaphor for Epicurus has taken a beating but he's still standing, 2,000+ years on. "Bring it on! I can take it!"

Post by “Cassius” of May 5, 2026 at 12:41 PM

That's an optimistic take and I like it! Unfortunately the beating and the resulting unintelligent or "checked out" facial expression is why I think others like to use it - because that's what they like to think Epicurean philosophy means.