

# Listing And Evaluating Stoic "Techniques"

Post by "Titus" of March 12, 2021 at 7:10 PM

It would be quite interesting how Stoics who describe themselves as not neo-stoic but stoic reply to your collection 😊

I read a book on Stoic philosophy 10 years ago. Your list sounds predominantly unpleasurable, but the author who really advocated for Stoicism mentioned all points of your list except for number 4. Additionally, he also gave detailed instructions how to apply them by introducing daily routines and practices.

I think personally, that such a list, referring to Epicurean philosophy, could be helpful. There's already the tetrapharmacos, but it lacks somekind of practical centration when it comes to ask for techniques. This might also be because Stoicism is more the like an abstract and theoretical approach to the world. On the contrary, Epicurean thought as based on the tripod is of holistic intrinication. Every action is derived from this system. On the other hand, the "ideas" of Stoic philosophy could also fit in a trainee program for zen buddhists. They are easier to apply in the way you don't need to introduce a completely new view of the world necessarily (figuratively, the Stoicism App works still when your storage on the phone is running out 😊 ).