

# Epicurean philosophy vs. Stoicism in public popularity

Post by “Don” of March 19, 2021 at 11:29 PM

[Quote from Protonus](#)

I assume that the context means "each of us dies without truly living" by postponing joy?

That's probably not a bad way of summarizing. We only have one life and are not both twice. If you don't experience a pleasurable life now, you've missed your opportunity.