

# Talking About Epicurus With Someone Who Is A Stoic (Or Of Some Other Anti-Epicurean Philosophy)

**Post by “ayraj” of December 17, 2021 at 7:52 PM**

I think for me what was interesting was when I learned that Seneca had major Epicurean influences. I think for other folks with a Stoic background, it might be helpful to talk through the history of the two schools, and areas where the Stoics in previous history saw value in what the Epicureans put forward. Also hearing out the Stoic on their position may reveal that they use Epicurean reasoning as part of their Stoic "faith," if you will, and that can invite a wider conversation to open up to the ideas of Epicurus. I also think because this person would be philosophically inclined, it would be a longer-term conversation, and would be geared towards sharing thoughts "in good faith," with the hope that they at least appreciate the good in Epicurus' thoughts, and in the best case can become "a friend in the Garden." At least for me, some charity in my worldview, a good conversation, and understanding Epicurus a little more with some key source material really made a world of difference, and I'm sure it can for others as well.