

# From Stress to Happiness

Post by “Cassius” of November 18, 2022 at 3:39 PM

## [Quote from Pacatus](#)

I really started to think of Epicureanism as a “faith”

I think once you start thinking about "i've never seen an atom but I am 100% confident that atoms or something like them exist" and then start parsing out whether the words "believe" or even "faith" are interchangeable with being 100% confident in something you have never seen for yourself, it becomes possible to see these words as less threatening, and then move the focus of concern to other aspects where it probably deserves to be. Seems to me the issue is more in the claim of divine revelation of claiming to know things without evidence or similar expressions, and it is better to dive into those details than to get too obsessed about particular words.

I say that even though I agree that phrases like "people of faith" are huge red flags and cause for very legit concern and distancing.