

From Stress to Happiness

Post by “Pacatus” of November 18, 2022 at 4:30 PM

[Cassius](#)

I want to add that “philosophy” can be a “red-flag” word too, in the modern (seemingly pervasive) academic sense that it strictly involves intellectual pursuit - rather than as a therapeutic way of life, as the Hellenistic philosophers (especially Epicureans) understood it. And a (over-) reliance on intellection seems to inform things like CBT, as embraced by modern Stoics.

Since other languages sometimes seem to get me out of everyday and ingrained definitions, maybe the Spanish “*via vida*” is a good substitute (for me) for “faith.” “*Es mi via vida.*”