

Welcome Tariq!

Post by “tariq” of December 30, 2023 at 6:47 AM

Thanks for adding me [Cassius](#), I am Tariq, I live in UK, an immigrant since the age of 24, & grew up in Lahore, Pakistan. Working as Quality/R&D Professional in manufacturing sector. & I am a lifelong learner keen follower of Science, Philosophy, Psychology, Art & History.

I have been following stoicism for a while now, I did not read much about epicureanism I was only aware of hedonic treadmill the term they use a lot in psychology. While recently I discovered Epicureanism when I was looking up for differences between stoicism, cynicism and hedonism. Epicurus idea of 'The Garden' really fascinates me, was completely hooked for many days when I found it, as I have always appreciated & sought after meaningful friendships as a way of seeking happiness to live a calm & content life.

And I resonate myself more with Epicurus' basic principles of living and seems like completely relevant to this modern day to live a happy life - & much more relevant than any other traditional organized religions.

Have not read much of epicurean texts yet but have watched lots of videos & podcasts on YouTube on Epicureanism, and I have just started a book on 'The Art of Happiness' a penguin classic on Epicurus, George K. Strodach Translation.

I don't remember how I found this forum, but I was actively looking for groups (or kind of virtual garden) on Facebook, or Meetup, & yeah, I believe I found this forum on google through some random searches. This forum has everything I was looking for, really appreciate the work you guys been doing!

Do you have any mobile app where this forum can be easily accessed without opening my laptop? 😊

Quote

**“Nothing is sufficient for the person who finds sufficiency too little” —
Epicurus**