

"Self Help Is Like a Vaccine" by Bryan Caplan

Post by "SillyApe" of October 11, 2024 at 10:15 AM

We can spread Epicurean ideas through many methods: content creation, talking about it to our friends, teaching our children, etc.

On another note, sadly, I don't think Epicureanism is going to be as popular as Stoicism or Buddhism are nowadays, for the simple reason there's not much commercial appeal to it. Love it or hate it, Stoicism and Buddhism have only spread as much as they have because it's easy to glamorize them and to turn them into tools one can use to "succeed" in life(stuff like "use these Stoic lessons to get women to fall for you" or "mindfulness techniques to be more productive at work"). Epicureanism, on the other hand, in my opinion, is too "sane" to be glamorized into these kinds of products(which I hope to be the case, as I don't want Epicureanism to be disturbed and productized like the other traditions I mentioned were).