

Yahoo Article: Epicureanism as an alternative to Stoicism

Post by “Kalosyni” of October 17, 2024 at 10:06 AM

He has a few of his own interpretations, ideas, and "self-help" twists thrown in. And he focuses on the Tetracharmakos.

From the very ending of the article:

Quote

After doing something new, or even something you’ve always done, ask yourself after, “Was this worth it? Did it make me happy?” This seems like such an obvious question — but it often goes unasked, and people become unintentional gluttons for punishment.

Second, ask, “Does this serve me in some other way in the future?” This could mean — building a skill, or stepping outside of your comfort zone.

Ideally, at least one of these two questions should have a yes answer. If not, consider moving on to something else. Conversely, if you answered yes to both, it’s probably time to double down.

Another key point, is to implement what Dr. Arthur C. Brooks calls, “A Happiness Portfolio”, [which is rooted in the](#) epicurean philosophy. This means your life includes family, friendship, helpful beliefs, and work that provides meaning to your life and, better yet, society. Consider this a well-diversified portfolio of life principles that can guide you forward.

Remember to think like an Epicurean — and know that hardship isn’t required for every beneficial and meaningful activity in life. Stay mindful and reflective of things you engage in, and people you engage with, and continually audit if they are bringing value in your life. Outside of that, take a load off, and enjoy your day.