

Welcome Ranc1

Post by "ranc1" of January 21, 2025 at 12:12 PM

Hello!

Ancient Greece philosophy was always special interest to me - but I never find the practical connection with modern life and issues like social anxiety, oppression, injustice. Until yesterday when on Kinnu application I came up to Epicurus philosophy. Today I scanned his quotes, made a [video about it on YT](#) and I find his work fantastic, I am flabbergasted

and here I am-

as I understand Epicurus is considered as Einstein of the ancient world due to his intelligence, but his philosophy is practical too - they are not some empty words about moral and ethics we all should follow. He is addressing some unresolve issues too. I will definitely mention him on my [reddit forum about social anxiety](#) and I want to learn more about his philosophy - so I am here.

The small detail how he does not agree with stoicism - I never found anyone critical to stoicism. That was a sign that he is my man. I belong here. I want to learn more.

"In contrast with the stoics and modern counterparts in today's religious and humanist communities Epicurus taught that virtue is not absolute. Or the end in itself. That all good and evil consists in sensation. Epicurus held that if virtue does not lead to pleasure and happiness - it's useless."

<https://www.youtube.com/watch?v=6iXCI88Z64U>

The problem with internet stoicism (idea that we resolve issues only through training and discipline and willpower) is something I could not apply to real life and here he is - Epicurus says that stoics chase empty virtue without the real goal - that is so laser sharp correct, that is simply ...I am speechless.

CBT and modern self-help books are mostly based on stoicism and neurotypical people view social anxiety through the filter of stoicism - which does not work in real life and it is actually damaging.

I definitely want to learn more about his philosophy, it feels like I found my GPS with him.

Ranko