

2022 Epicurus vs Buddhism Compare and Contrast Thread

Post by "Robert" of October 1, 2025 at 10:58 PM

[Quote from Kalosyni](#)

Epicureanism helps one make sense of death and desires, and that leads toward liberation without the need for years and years of long meditation sessions. You drop your mental worries because you have arrived at a sense of true personal sufficiency - through a combination of putting effort into setting up your life and lifestyle to be conducive to personal well-being and developing specific attitudes/understandings toward pleasure & pain and life & death.

I have a similar take. I do feel that the engagement with Buddhism helped prepare me, though--not sure what would have happened if I'd encountered Epicureanism first!