

Stoic view of passions / patheia vs the Epicurean view

Post by “Kalosyni” of November 3, 2025 at 1:50 PM

Here is a modern psychology article that is a must-read for anyone interested in the role of feelings and emotions in well-being:

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[The Key Skill We Rarely Learn: How to Feel Your Feelings](#)

I feel my feelings! Probably not. But with courage and practice, we can cultivate the skill to deeply connect to ourselves and our values, opening up a world...

www.psychologytoday.com

<https://www.epicureanfriends.com/thread/4792-stoic-view-of-passions-patheia-vs-the-epicurean-view/?postID=37690#post37690>