

Welcome Daniel188!

Post by “Daniel188” of November 18, 2025 at 4:53 PM

Hello philosophy lovers!

My name is Daniel and I'm from Poland. I became interested in philosophy a few years ago, and the first practical philosophy I learned was Stoicism. I was primarily drawn to Stoicism by reading Arrian's notes on Epictetus's lectures and academic works on the subject. I also used various exercises aimed at improving my ethical conduct, such as examinations of conscience.

As I delved deeper into Stoicism, I also began to learn more about Stoic metaphysics. At some point, I also encountered Lucretius's "De Rerum Natura." This was my first encounter with Epicurean philosophy. For a long time, however, I considered this philosophy inferior and lost interest in it.

Eventually, however, my interest returned and I began comparing Stoic and Epicurean physics, and I've come to the conclusion that Epicureanism probably better represents what nature is.

I hope to gain more knowledge through this forum.