

Welcome Claire46!

Post by “Kalosyni” of January 1, 2026 at 9:07 AM

Welcome to the forum @claire46 😊

You might like this basic introductory video by Cassius:

<https://m.youtube.com/watch?v=fobzlg-x6s0>

There are a number of differences between Epicureanism and Stoicism, and so you will want to check out this chart made by Cassius on the differences between Epicurean philosophy and Stoic philosophy:

[A Comparison Chart on “The Goal of Life” – NewEpicurean](#)