

Welcome Claire46!

Post by “Don” of January 1, 2026 at 12:41 PM

Welcome aboard, @claire46 !

If you haven't read Dr. Emily Austin's book Living for Pleasure, I highly recommend it. We also have interviews with her posted to the forum.

Whenever anyone brings up the modern Stoics, this article from Dr. Austin always comes to mind:

[Are the Modern Stoics Really Epicureans?](#)

The Modern Stoicism movement has embraced the classical philosophy, often as part of project of disciplining emotion with rationality. Perhaps adherents should...

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