

## **Video on "Confidence"**

**Post by "Cassius" of January 20, 2026 at 6:40 PM**

Here's a video suggested to me by a forum participant. It's not Epicurean specifically or philosophy-oriented in general. However think the attitudes and issues discussed here would be very good to think about for anyone considering how Epicurean philosophy can lead to greater confidence in everyday life:

<https://youtu.be/nV2CInExpWw>