

I'm back.....:-)

Post by "brett" of November 12, 2020 at 9:25 AM

[Quote from Susan Hill](#)

Wow, yes.. And then on top of the suffering, you get to feel like a failed philosopher for grieving... I think there is a reason why there were next to no "sages" in Stoicism.

OH, well put and insightful.

What I do appreciate in stoicism, and this is part of what drew me back here after I realized it recently, is that there is wisdom in knowing what you can control. But not for the stated stoic reason. For a stoic you don't focus on what you can't control because it's your fate and you shouldn't struggle against it. For an epicurean, you don't struggle against what you truly can't change because it brings you pain and takes your focus off the things that can bring you pleasure.