

Yahoo Article: Epicureanism as an alternative to Stoicism

Post by “kochiekoch” of October 16, 2024 at 2:18 PM

Popular article on Epicureanism that I thought might be of interest. 😊 Fun read.

[An alternative to stoicism that offers true contentment \(yahoo.com\)](#)

Post by “Cassius” of October 16, 2024 at 4:03 PM

Thanks for posting that KochieKoch! Joshua pointed that out to me a short while ago but I neglected to get around to posting the link. One reason I neglected to do so was that it is kind of casually edited, as with the part I highlighted in red below. But's it's generally a good article probably oriented toward readers we need to cultivate, so glad to see it.

*Don't fear the gods is an homage, in principle, to the adage, “He is a god fearing man.” Instead, if you believe in god, choose to believe in a benevolent one. And what's interesting is that Epicurus was actually atheist, but empathetically accounts for believers, encouraging a more optimistic view. In **Epicetus's** eyes, there is no use in having religion if it becomes a detriment to your life.*

Post by “kochiekoch” of October 16, 2024 at 4:26 PM

Good point! The editing could have been a little bit better. ☐

Post by “Kalosyni” of October 17, 2024 at 10:06 AM

He has a few of his own interpretations, ideas, and "self-help" twists thrown in. And he focuses on the Tetracharmakos.

From the very ending of the article:

Quote

After doing something new, or even something you've always done, ask yourself after, "Was this worth it? Did it make me happy?" This seems like such an obvious question — but it often goes unasked, and people become unintentional gluttons for punishment.

Second, ask, "Does this serve me in some other way in the future?" This could mean — building a skill, or stepping outside of your comfort zone.

Ideally, at least one of these two questions should have a yes answer. If not, consider moving on to something else. Conversely, if you answered yes to both, it's probably time to double down.

Another key point, is to implement what Dr. Arthur C. Brooks calls, "A Happiness Portfolio", [which is rooted in the](#) epicurean philosophy. This means your life includes family, friendship, helpful beliefs, and work that provides meaning to your life and, better yet, society. Consider this a well-diversified portfolio of life principles that can guide you forward.

Remember to think like an Epicurean — and know that hardship isn't required for every beneficial and meaningful activity in life. Stay mindful and reflective of things you engage in, and people you engage with, and continually audit if they are bringing value in your life. Outside of that, take a load off, and enjoy your day.

Post by "kochiekoch" of October 17, 2024 at 2:03 PM

Good point.

This guy is a popular author. And, like you say, he's giving us his perspective from a self-help venue, which is what he knows.

His sort of article is going to be how most people are introduced Epicureanism.

They want the scholarly stuff we've got that here! ☐☐

Post by “Cassius” of October 18, 2024 at 9:55 AM

Yes, and gosh only knows that I too live in a glass house when it comes to typos and other errors! Almost any major mainstream article bringing Epicurus to people's attention is going to be a net positive, and this one surely is too.