

Stoicism :

“두려움 외에 우리가 두려워할 것은 없다.”

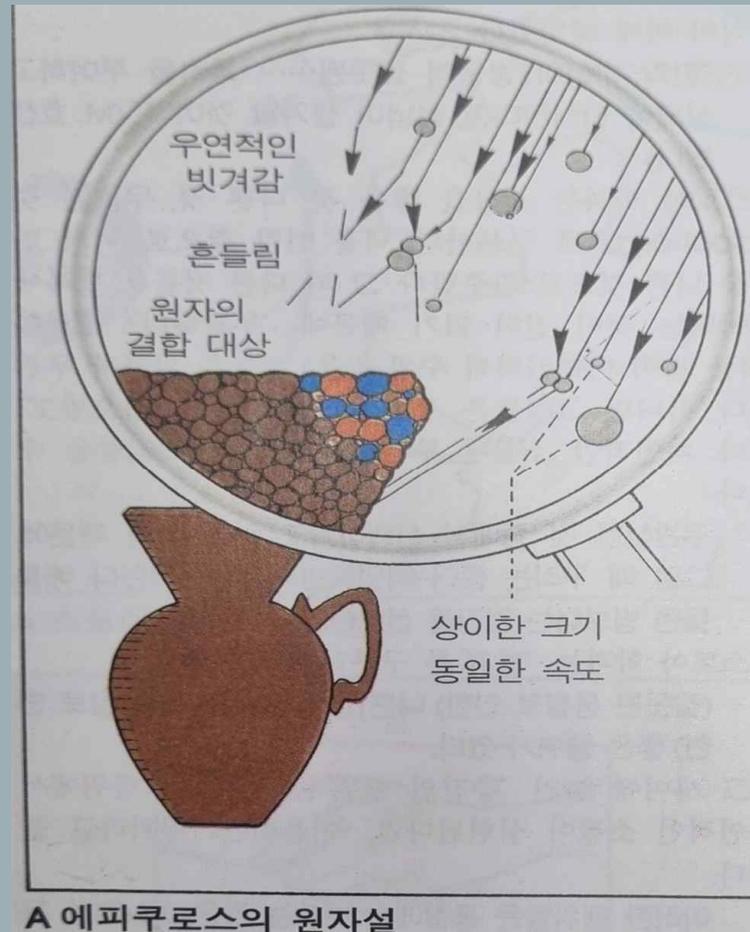
Stoicism is often classified along with Epicureanism as one of the survival philosophies developed when Hellenic culture began to unravel during and after the conquests of Alexander the Great. Like Epicureanism, it offers a prescription for dealing with life in troubled times. .. The universe, they claim, is a rational whole which can be identified either as Nature or as God. Within this whole, everything is related and interconnected.

Epicurus, 341–271.b.c.

Epicurus developed a view that has come to be called negative hedonism. “Pleasure is the alpha and omega of a blessed life” and that “pleasure is our first and kindred good... the starting point of every choice and of every aversion”

But “by pleasure we mean the absence of pain in the body and of trouble in the soul” Epicurus’s advice, ... the secret of success is simplification : simplify your life and thereby avoid the many overt and covert threats to it, and a very modest diet (beans, bread, and water would suffice).

에피쿠로스의 원자설



추구해야 할 삶: 자연적, 필수적 욕구의 충족

