

## HELLENISTIC PHILOSOPHIES

### **Epicureanism**

**Epicurus** (philosopher) 341-270 BC

Stressed virtue and moderation.  
He taught that gods who had no interest in humans ruled the universe.

Only real objects were those that the five senses perceived.

Greatest good and highest pleasure came from virtuous conduct.

Live life to fullest.

Achieve harmony of body and mind.

No afterlife.

**Today** – pursuit of human pleasures

### **Stoicism**

**Zeno** (philosopher) 335-263 BC

People should live virtuous lives in harmony with the natural laws (strong connection to nature).

Human desires, power and wealth were dangerous distractions that should be checked. Promoted social unity and encouraged its followers to focus on what they could control.

No definitive belief on afterlife.

**Today** – emotionless behavior