Stoicism was first founded by Zeno of Citium in the early 3rd century BC in the city of Athens. So unlike Christianity stoicism has no end but if I had to chose an end it would be with Marcus Aurelius in 180 AD. Stoicism is dived into 3 timelines:

* Early Stoa, from the founding of the school by Zeno to [Antipater](http://en.wikipedia.org/wiki/Antipater_of_Tarsus).
* Middle Stoa, including [Panaetius](http://en.wikipedia.org/wiki/Panaetius" \o "Panaetius) and [Posidonius](http://en.wikipedia.org/wiki/Posidonius" \o "Posidonius).
* Late Stoa, including  [Seneca](http://en.wikipedia.org/wiki/Seneca_the_Younger" \o "Seneca the Younger), [Epictetus](http://en.wikipedia.org/wiki/Epictetus), and [Marcus Aurelius](http://en.wikipedia.org/wiki/Marcus_Aurelius).

The Stoics considered destructive emotions to be the result of errors in judgment and that person of moral and intellectual perfection would not suffer such emotions. Stoicism teaches us that self control and detachment from distracting emotions help us to be level headed and a clear thinker, which leads us to be fair and unbiased. A primary aspect of Stoicism would be described as improving the individual’s spiritual well-being. So in other words enjoy and do your Work, to the best of your ability, use as much of your brain as possible, accept and respect the result, work to Improve the result, don’t regret but learn from past. And lastly Work for a better future.

 The stoics believe that self preservation or virtue, are the necessary abilities to achieve true satisfaction. Stoics believe reason leads us to pursue specific things while avoiding others which will serve us well in the future. The Stoics declare the necessity of four beliefs in order to achieve happiness, placing the utmost importance on virtue derived from reason alone. Wealth obtained during one's lifetime utilized to perform virtuous actions and the fitness level of one's body, which determines one's natural ability to reason, both represent core beliefs of the Stoics. Lastly, regardless of the consequences one must always perform his/her virtuous duties. By displaying self control, a true stoic lives according to By exhibiting self-control, the Stoic follower lives according to virtues of wisdom, bravery, justice and moderation. In contradiction to the Stoic perspective.

The epicureans believe that there are levels of pain and pleasure, smaller and greater happinesses.  Friendship, for example, is rated one of the highest pleasures.  A sage loves his friends as he loves himself “It is better to give than to receive.”  And “It is not possible to live pleasantly without living prudently, honorably, and justly; or to live prudently, honorably, and justly without living pleasantly.”