

Would There Be Benefit In Adapting the "Benjamin Franklin Journaling Model" To Our Discussion of Practical Exercises?

Post by "Cassius" of July 9, 2021 at 5:53 PM

Yes definitely. I have not read enough of Franklin to know whether he had anything much to say about Stoicism or Epicurus, but there's definitely a stoic tinge to some - but not all - of the material. I do think the way he organizes it is an interesting thought for those who are into organizing their self-improvement, and I tend to think that many people who come looking for that approach would also appreciate a structured presentation of it.