

# Welcome Cleveland Oakie!

**Post by "Kalosyni" of October 18, 2021 at 9:56 PM**

I found Catherine Wilson's book "How to be an Epicurean: the Art of Ancient Art of Living Well" at my library. Skimmed through rather quickly, and returned it also rather quickly. It had a "fluffy" feeling to it...I think it's better to read the Principle Doctrines and contemplate their deeper meanings and how they can be applied to one's own life. Yet, if you can easily find it a library, could be good if you like things that have a "self-help" quality. (Been there, done that, too many times already).