

# A "Daily Epicurean"?

**Post by "A\_Gardner" of December 26, 2021 at 3:00 PM**

A belated Merry Christmas to everyone!

I'm unable to be as active as i would like due to a very hectic schedule, but I still try to pop in from time to time to catch up on the latest developments and discussions.

While preparing for the New Year, I came across my copy of *The Daily Stoic* by Ryan Holiday. I really enjoyed the bite sized approach and almost meditative quality of the writing, with something from Stoicism to reflect on daily.

This got me to wondering, is there anything of the sort for Epicureanism?

One could say, choose from one of the sources on here or even further break that down into singular quotes and pieces to reflect on for the day, and I believe many of us have. But is there an officially published book such as this or similar however?

May your New Year be filled with pleasure!