

# Friday Night Epicurean Happy Hour Zoom

Post by “Kalosyni” of November 22, 2022 at 9:38 PM

## [Quote from Kalosyni](#)

The main topic will be Epicurean Therapeutics: How might Epicureans deal with negative emotions. We will open up the discussion to a more intuitive approach while also remaining true to what we know of the extant Epicurean texts.

A slight change in the planned topic of discussion -- I want to let everyone know that it will still be Epicurean therapeutics -- but instead of "getting rid of something" -- I want to focus on adding in the good things -- so Epicurean philosophy meets positive psychology.

After-all it is going to be "happy hour"!

What: Epicurean Happy Hour Zoom meeting

When: December 2nd, 8pm Eastern Time

New members message me if you have questions about how to attend 😊