

Friday Night Epicurean Happy Hour Zoom

Post by “Kalosyni” of November 24, 2022 at 9:35 AM

I tried to find the thread which I thought I started on therapeutics, but so far haven't found it.

(may start a new thread).

Here are possible therapeutic topics for the Epicurean Happy Hour:

--Choices and Avoidances -- using prudence and wisdom in the pursuit of pleasure

--Friendship as an "immortal" good -- cultivating and maintaining friends

--Self-sufficiency -- clarifying what it is

--Crowding out anxiety with truth -- not removing anxiety but seeing the truth through the senses and reason which causes the anxiety to go away naturally