

# **New Christos Yapijakis Article: "The Philosophical Management of Stress"**

**Post by "Cassius" of January 6, 2023 at 5:58 PM**

I want to repeat what I hope is obvious but which should not be left to implication: I have tremendous respect for all the work that Christos has put in over the years in promoting Epicurean philosophy, and so any "criticism" here of any formulations should be seen in that context. Heck every time I formulate things myself I do it differently, always hoping to improve but sometimes backsliding. It sounds petty sometimes to state a disagreement when the full context is that there is so much to be praised, but that's exactly the kind of constructive approach I think helps us all. And that's why I agree with Godfrey's comment but also have the greatest respect for Christos and holding both those positions is not a contradiction. A lot of the benefit we can get out of this forum is friendly and constructive criticism that leads to improvement.