

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

Post by "Joshua" of January 7, 2023 at 2:27 PM

Quote from Fragment from the Greek Playwright Euboulos

"For sensible men I prepare only three kraters: one for health (which they drink first), the second for love and pleasure, and the third for sleep. After the third one is drained, wise men go home. The fourth krater is not mine any more - it belongs to bad behaviour; the fifth is for shouting; the sixth is for rudeness and insults; the seventh is for fights; the eighth is for breaking the furniture; the ninth is for depression; the tenth is for madness and unconsciousness."