

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

Post by "Don" of January 7, 2023 at 4:57 PM

[Quote from Euboulos](#)

Let them three parts of wine all duly season

With nine of water, who'd preserve their reason;

...

Quote from Fragment from the Greek Playwright Euboulos

"For sensible men...

I find it interesting that "preserve their reason" and "sensible men" translates τοῖς εὖ φρονοῦσι (tois eu phronousi) which is related to phronesis "practical wisdom." Something like "those who exercise their wisdom well."