

Compatibility of Epicureanism and Existential Therapy

Post by “Don” of January 13, 2023 at 4:07 AM

[Quote from Godfrey](#)

FWIW, this from [Epicurean Philosophy: An Introduction from the "Garden of Athens"](#), page 144, kindle edition:

Quote

the reputable American Professor of Psychiatry and famous writer Irvin Yalom recently wrote: “The more I learn about this extraordinary Athenian thinker, the more strongly I recognize Epicurus as the first existential psychotherapist”

[Staring at the Sun - Excerpt — Irvin D. Yalom, MD](#)

Quote

The more I learn about this extraordinary Athenian thinker, the more strongly I recognize Epicurus as the proto-existential psychotherapist, and I will make use of his ideas throughout this work...