

What Would Epicurus Say About Searching For "Meaning?"

Post by "Kalosyni" of January 13, 2024 at 10:41 AM

Thinking further about "finding meaning", a person is only going to have this question come up when they are feeling in doubt of their internal sense of resilience and when they are lacking in coping strategies -- check out this thread and the [post on the BASIC-ph model](#) for a much better way to build resilience.