

# What Would Epicurus Say About Searching For "Meaning?"

Post by "Kalosyni" of January 15, 2024 at 1:40 PM

Thank you [Cassius](#) for your clarification on this topic in post 12 above.

More thoughts on this today...thinking it may be good to consider how popular "finding meaning" and "meaningfulness" is in "self-help" books and likely also modern therapy. And I think there is a lot of baggage with using these words -- especially for myself since I've read quite a few "self-help" books and perhaps that is why I find it to be such an issue (and I think this is going to be a little like a hydra monster, in that it could keep coming back over and over, and I still need to think through this some more).

[Joshua](#) brought this topic up in the last podcast ([Episode 210](#) will be up soon) and shared the historical context of "finding meaning", and this is a relatively new idea.