

# **ACT - a bridge which translates Epicurean philosophy into life goals (thread started by Julia)**

**Post by “Kalosyni” of September 8, 2024 at 8:56 PM**

## [Quote from Julia](#)

For me, ACT is the bridge which translates Epicurean philosophy into life goals and actionable plans (which will make me happy), and this is what I understood your other post (linked above) to be about - maybe I misunderstood?

I'm now thinking that my writing clarity may have been lacking over in that other thread. The other thread "Clarifying Your Philosophical Goal..." was likely too vague, and I didn't express my ideas as clearly as I could have. Also the title was an attempt to emphasize an abstract goal rather than specific...just as it says in the Letter to Menoecus:

"The steady contemplation of these facts enables you to understand everything that you accept or reject in terms of the health of the body and the serenity of the soul — since that is the goal of a completely happy life."

So simply the importance of prioritizing health.