

January 6, 2025 - First Monday Epicurean Philosophy Hour Discussion - Agenda

Post by “Kalosyni” of January 5, 2025 at 4:23 PM

On the discussion theme of New Year's resolutions:

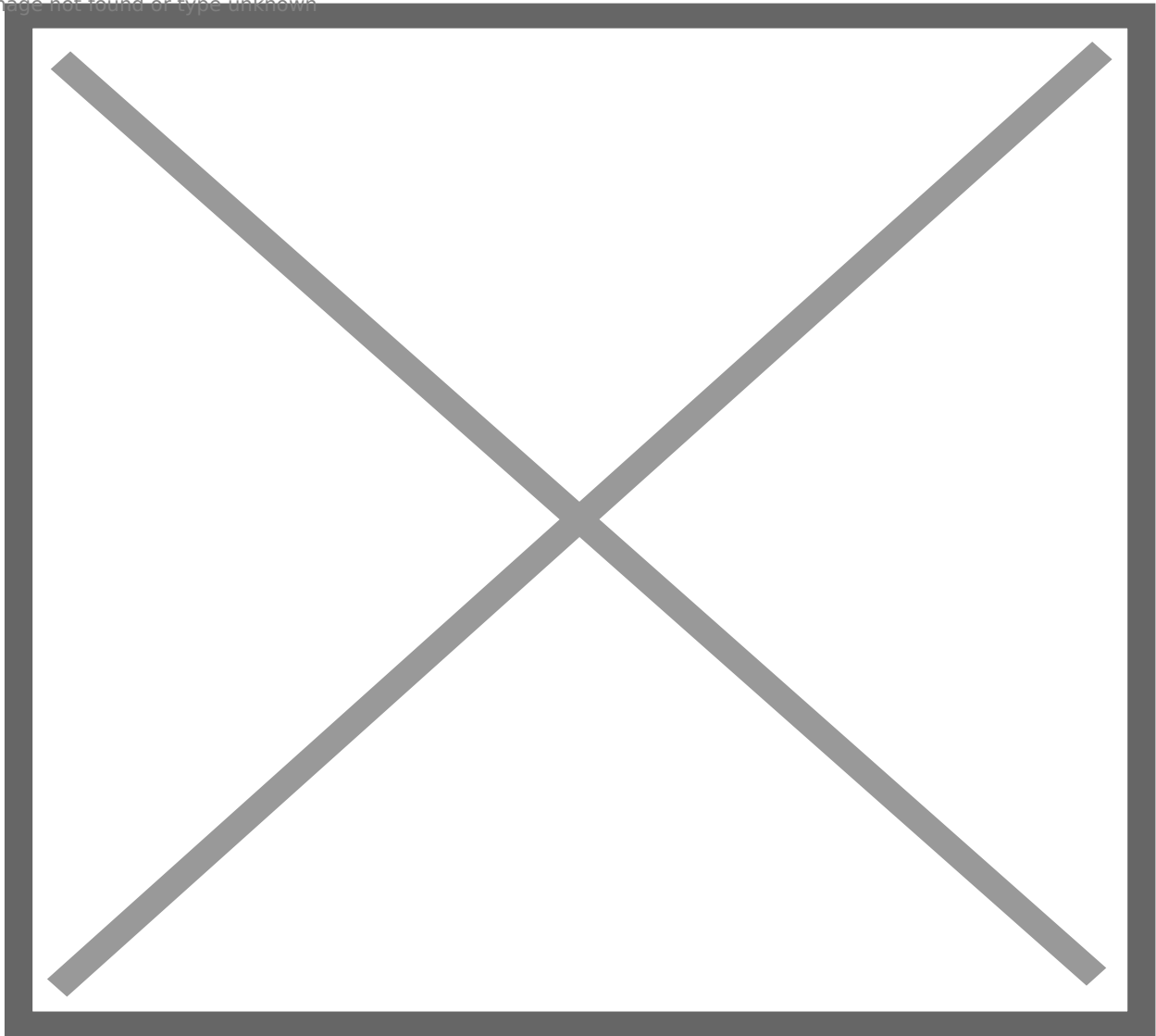
Quote

"Having to exercise twice a day and be strict on my diet were really uncomfortable and new areas for me to tackle, because I hadn't had that conversation before," she says.

But since completing the challenge, she's noticing the lasting impacts so far.

"I exercise a lot more regularly, my reading habits and my relationship with food have transformed," she says.

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[75 Hard: Is the TikTok fitness challenge really worth it?](#)

The challenge involves forgoing alcohol and unhealthy food for 75 days and doing multiple daily workouts.

www.bbc.com

What would Epicurus say? 🤔