

# "Prayer" vs "Choice and Avoidance"

Post by "Kalosyni" of February 18, 2026 at 10:22 AM

Here is an interesting article from the Psychology Today website, and which would be related to the topic of "Epicurean choice and avoidance"...

## Quote

Resourcefulness underlies [resilience](#). The more ways you know how to get things done, the more options you have when your usual approach hits a wall. The more ways you've solved problems before, the less daunting new problems feel. Yet many people never target resourcefulness as a skill they can build. They stick to a narrow playbook of how they get things done, and don't consider venturing beyond that.

Resourcefulness can give you a greater sense of security in your life and more trust in yourself.

Read the full article here:

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[7 Ways to Increase Your Resourcefulness](#)

Practical ways to become someone who can figure anything out.

[www.psychologytoday.com](http://www.psychologytoday.com)