

Comparing Modern Ideas vs Epicurean Ideas on Well-being and Joy

Post by “Raphael Raul” of June 9, 2026 at 9:40 PM

Thanks for the information you gathered, Kaolsyni.

All those suggestions I try to follow. They are all important and work together organically.

I also printed out what you posted on "On Epicurean Text Study and Contemplation," which I will begin reading this weekend on a favorite sunny bench in a nearby leafy park... **Spend Time in Nature:** Getting fresh air and stepping outside have been shown by psychologists to increase happiness and lower stress. 👍