

# **What is an Epicurean viewpoint on dealing with anxiety? Of losing the pleasures that one holds dearest, such as losing friendships or a pet being sick?**

**Post by "Cassius" of November 23, 2019 at 7:29 AM**

This thread will address the question asked by JK:

What is an Epicurean viewpoint on dealing with anxiety? Of losing the pleasures that one holds dearest, such as losing friendships or a pet being sick?