

I'm back.....:-)

Post by "Don" of November 13, 2020 at 5:59 PM

[Quote from Susan Hill](#)

[Quote from Cassius](#)

Any comments on what you found effective in Stoic World?

I'm afraid I'm not much help there, Cassius. The thing that kept me most motivated in Stoicism was its excellent literature: Seneca, Marcus Aurelius, Epictetus, and then some good modern writers. In comparison, Lucretius is a slow slog for me... I'm in a bind with my pleasure being found mainly in the theology side of things. I've found some excellent essays, but am running out of reading material, and seem to be the sole would-be "practitioner". Maybe Brett has some ideas.

Oh, I would include myself in the class of "looking for an Epicurean practice." I find myself reciting the Tetracharmos to myself to time hand washing, waiting in an elevator, etc. I also think mindfulness has a place in Epicureanism. What better way to practice paying attention to the present moment. I've been trying to compile an Epicurean Book of Days with 366 (to take into account leap years) sayings or excerpts with commentary. Not there yet... Or even close 😊 but a goal. Still working on the Menoikeus letter too!

As for the Stoics: marketing! They beat us to they punch!