

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

Post by “Kalosyni” of January 2, 2025 at 1:41 PM



January 6, 2025

8pm ET

First Monday Epicurean Philosophy Hour



This month's discussion topic:

"What place does ambition

<http://www.epicureanfriends.com/thread/4206-january-6-2025-first-monday-epicurean-philosophy-hour-discussion-agenda/>

Hi Everyone,

Coming up this next Monday night at 8pm ET!

Meeting open to all forum members.

Agenda:

- Welcome and greetings
 - Update on forum events and discussion of popular threads
 - Short presentation by Cassius on: "What place does ambition have in an Epicurean lifestyle?" to set the tone for the discussion.
 - Guided questions presented by Cassius
 - Closing thoughts
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Post by “Cassius” of January 2, 2025 at 8:53 PM

The presentation by me will indeed be short! 😊

Actually however the reason for the topic was intended to be related to "new year resolutions" -- setting goals for ourselves and similar "ambitions"

Post by “Kalosyni” of January 3, 2025 at 7:34 PM

ambition - a strong desire to do or to achieve something, typically requiring determination and hard work

(from Google / Oxford Languages)

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

On the discussion theme of New Year's resolutions:

Quote

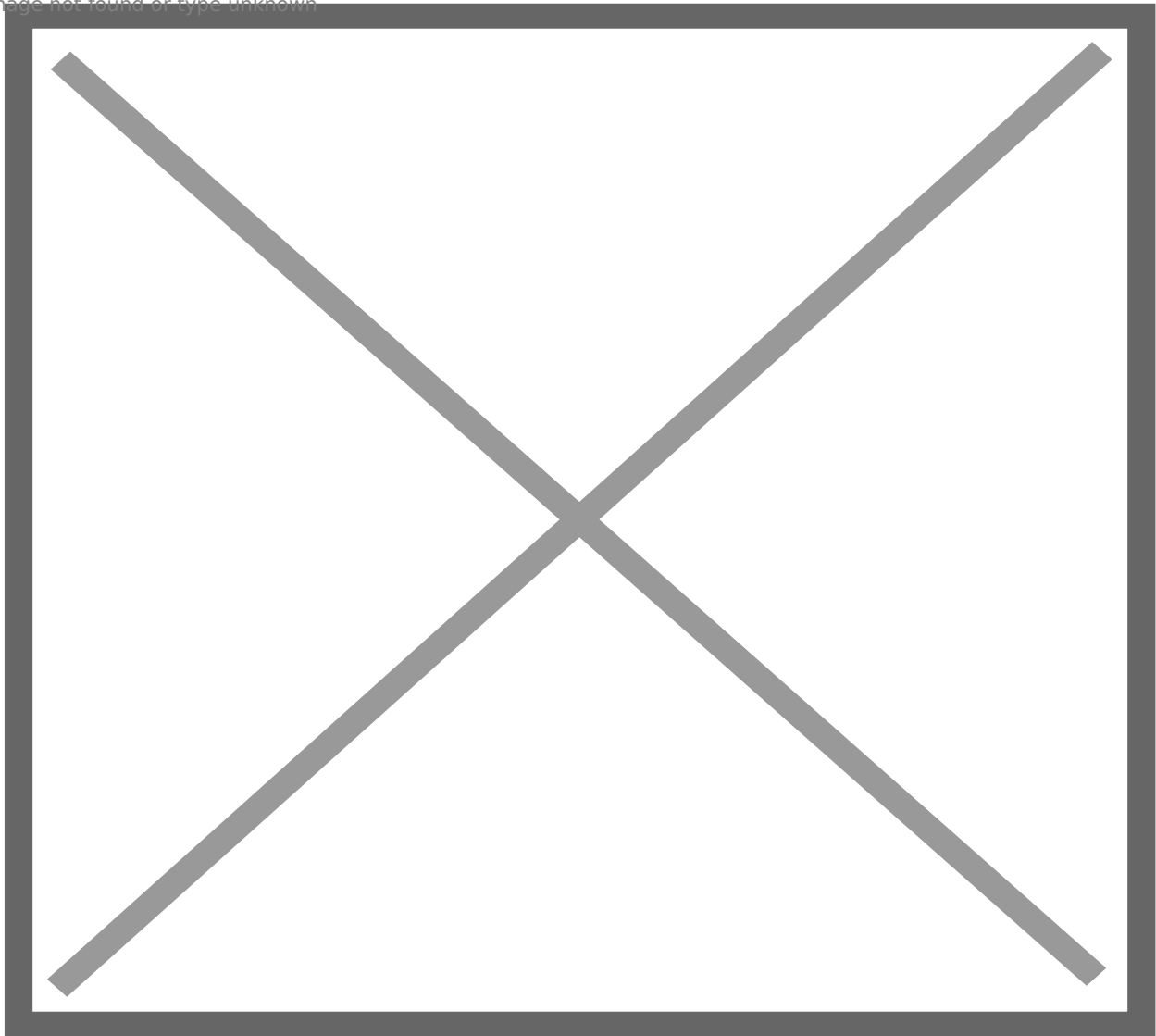
<http://www.epicureanfriends.com/thread/4208-january-6-2025-first-monday-epicurean-philosophy-hour-discussion-agenda/>

"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? 🤔

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