

Practicing Epicureanism

Post by "JAWS" of August 2, 2018 at 8:59 AM

How do you "practice" Epicureanism on a daily basis? I ask because I recently got really busy and haven't spent any time reading Epicurus. It feels refreshing to finally have some time to get back to it, but I would like ideas for things I can do so that in the future I can keep it in the front of my mind even if I don't have time to spend with it.

Thanks, everybody!