

# Recommendations for Happy Living

**Post by “Cassius” of November 18, 2021 at 10:20 AM**

Kalosyni it occurs to me to mention that I would have no problem with you taking my draft and adopting / adapting it in any way that you see fit if you'd like to pursue these thoughts in greater detail.

One of my key presumptions of everything that I do here is that it is all so heavily based on Epicurus and the ancient Epicureans that I can't imagine complaining about someone taking my writings and adapting them for their own use, just as I do from the Epicureans, so feel free.