

# A "Daily Epicurean"?

**Post by "Marco" of December 27, 2021 at 1:05 PM**

Years ago I had the book of the Daily Stoic. After a few weeks, I stopped using it because the topics on that day don't match what was happening in my life. A 'daily epicurean' is a good idea, but I would then bundle the topics around themes. This way it becomes a reference book that you can use when something happens in your life. I am thinking of themes such as spring, pleasure, friends, the death of a loved one, romantic love, coincidence, the universe. If something happens about the theme of the universe (James Webb) you can read it. Even if it happens at a different time of the year.

Googel translate.