

Episode One Hundred Five - More From Torquatus On The Key Doctrines of Epicurus

Post by “Joshua” of January 24, 2022 at 11:50 AM

Ironically, [Don](#), John Mulaney cited meditation as being helpful in his rehab efforts. So I didn't tell the full story there 😊

In recent news, Thich Naht Hanh has died this weekend at the age of 95. I've listened to a great many of his talks and read a few of his books. I'm hesitant to suggest that what he has to say will easily integrate with what we're trying to do here, but if this is something that interests people I can easily recommend his works, as well as those by Jon Kabat-Zinn.