

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

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Well, I think that defining mindfulness is rather difficult... I would probably agree that calmness is overhyped; life is great when there are disturbances, joy and pleasure. But mindfulness in itself is more often than not good. Frankly, I can't even find an example when mindfulness is bad or has harmful effects.