

# Is Rational Emotive Behavioral Therapy Compatible with Epicureanism?

Post by “Kalosyni” of May 4, 2022 at 7:22 AM

## [Quote from Cassius](#)

VS46. Let us utterly drive from us our bad habits, as if they were evil men who have long done us great harm.

[Cassius](#) from what you are writing then it seems there is a subtle overlap between modern Stocism and Epicureanism (but not in ancient Stocism), especially as seen with this Vatican Saying.

It is hard to say how the idea within my mind of a particular story regarding the "best life" or the kind of life that will be most pleasurable, came to be. Perhaps it was past moments of a time in which everything seemed right in my life, but now my life is different and uncertain. My particular idea -- sort of a life "recipe" for happiness -- may never come to be again.

So it seems that I may have to settle for a lesser recipe -- one which is rather bland -- no salt or spices -- sure I won't keel over and die -- and maybe I will at times find pleasure. But I suppose this is why some people end up in Buddhism and doing meditation.