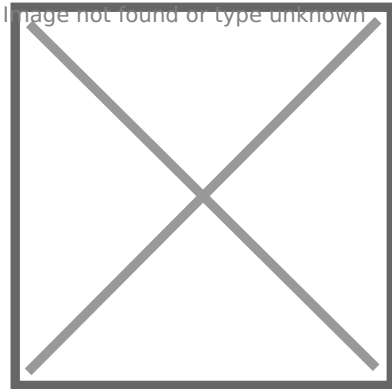


Help (How To Find Peace of Mind When Facing A Turbulent World)

Post by “Don” of July 20, 2022 at 6:45 AM

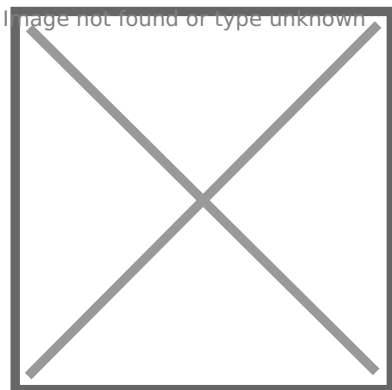
You might want to look up Philodemus' On Property Management for an actual ancient Epicurean's perspective on this topic:



[Philodemus: On Property Management](#)

Voila Tsouna provides a translation, extensive introduction, and notes on Philodemus's treatise "On Property Management." A fragmentary version of...
www.academia.edu

Here's an article Hiram wrote:



[On Philodemus' Art of Property Management](#)

An overview and commentary of a scroll written by 1st Century Epicurean philosopher Philodemus of Gadara titled "On Property Management". The main...
www.academia.edu

I realize this may be too "in the weeds" but I wanted to point out that these topics were being discussed in the Garden 2,000 years ago.

<https://www.epicureanfriends.com/thread/2600-help-how-to-find-peace-of-mind-when-facing-a-turbulent-world/?postID=18963#post18963>

I thought that quote from Philodemus was on point about not feeling distressed by what one loses. I take that to mean don't invest recklessly and stay within your means. But he had much more to say, some applicable to modern life, other advice not so much. But it can be instructive to get a different perspective possibly.