

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

**Post by "Cassius" of July 20, 2022 at 1:18 PM**

Yes - presuming that last comment is a reference to Atticus - We haven't discussed him lately, but his bio is a very good example of how one can be an avowed Epicurean with friends on all sides in troubled times.

[Epicurus.info : E-Texts : The Life of Atticus](#)