

# Compatibility of Epicureanism and Existential Therapy

Post by "Cassius" of August 30, 2022 at 6:29 PM

## [Quote from Don](#)

From the information above, it looks like there are parallels as well as divergences between Epicureanism and Existential Therapy.

I am still not sure how to get my head around the full picture. I think we all have a fairly good understanding of the positions that Epicurus took.

But do we even have a beginning list of what positions "Existential Therapy" takes. Where do we look for such a list, and what authority defines it?