

# Compatibility of Epicureanism and Existential Therapy

Post by “Don” of August 30, 2022 at 6:51 PM

[Kalosyni](#) 's done a good job of laying out some of the basics above. There's a Wikipedia article I'm not sure was linked to yet:

[Existential therapy - Wikipedia](#)

Wikipedia is always good for an overview and links to other resources. That said, we know its limitations (Reference: Epicureanism). It's certainly not a one-to-one correspondence of Existentialism/Existential Therapy and Epicurean philosophy.

This has made me wonder what an Epicurean Therapy would entail 🤔 and how that would differ from and be similar to other philosophical therapies.