

Compatibility of Epicureanism and Existential Therapy

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There are a lot of books on Existential therapy, and I am sure each author has their own unique twist.

And I think that Epicureanism would put a unique twist on "finding meaning in life" or "making meaning in life" and it would probably be different that the way that existential therapists suggest -- though everything I read seems to indicate that Existential therapy is very open for each person -- there is no one right way to think about things. It is more about making sense of things like death, freedom and responsibility, the subjective sense of having an isolated self, and the on-going process meaning-making (and making sense of life).

Epicureans will make meaning out of life in a very different way than say Christians. We believe that meaning is individually constructed, not handed down to us. There is a lot more to think about than just "Pleasure is the goal in life". And one Epicurean might say: Oh my meaning in life is to understand: "how to live as the gods". But another might say something very different.