

# New Christos Yapijakis Article: "The Philosophical Management of Stress"

Post by "Cassius" of January 8, 2023 at 2:40 PM

## [Quote from Kalosyni](#)

So this is one in which we should be ready to recognize the signs of this and realize how it will affect all of us -- and make peace with it.

"And make peace with it...". Or first and preferably, to the extent possible, prepare to harden our systems to minimize as best as possible the effect of it. Or, where that is not possible, prepare a spaceship to allow as many as possible to escape the impact. Only when I am facing absolutely certain early destruction (which does happen in many cases) or circumstances such as preventing death of a friend as Epicurus describes) would I make peace with early destruction that might possibly be avoided.

Now I will return to watching my copy of ["When Worlds Collide."](#) Excellent movie.