

# Compatibility of Epicureanism and Existential Therapy

Post by “Godfrey” of January 13, 2023 at 12:49 AM

FWIW, this from [Epicurean Philosophy: An Introduction from the "Garden of Athens"](#), page 144, kindle edition:

Quote

the reputable American Professor of Psychiatry and famous writer Irvin Yalom recently wrote: “The more I learn about this extraordinary Athenian thinker, the more strongly I recognize Epicurus as the first existential psychotherapist”