

Training book/framework for new Epicureans

Post by "Matteng" of May 17, 2023 at 5:16 AM

Coming from the Stoic camp, I tried to practice this philosophy and searched for exercises and have found this:

"[A Handbook for New Stoics](#): How to Thrive in a World Out of Your Control—52 Week-by-Week Lessons "

Is there something similar there for Epicurean Philosophy ?

The threads in this forum area are very helpful but I am searching for a more bigger "training plan" / framework or something in this direction.

If not I am thinking about to do this lessons from the book again but with the Epicurean worldview in mind.

The good thing is, that the authors have a more naturalistic worldview than the Stoic physic and scientific reference.

What would be a comprehensive Epicurean learning/training plan ?

Maybe curriculum like from the Stoics (desire, action, judgment)

Or the fields of philosophy:

(learn basics of canonics scientific epistemology/

naturalistic worldview science /

ethics (desire, pleasure/pain, virtue, attention/meditation, hedonic calculus, friendship, value clarification,

positiv psychology...)

But maybe I should question the whole project and it makes more sense to be more attentive/prudent in the everyday life.

But would be motivating to have something like the path to become an Epicurean Sage 😄🧘