

# Training book/framework for new Epicureans

**Post by "Cassius" of May 17, 2023 at 7:12 AM**

Ha - I see that has a subtitle - "How To Thrive In A World Out Of Your Control." I know we all feel that way at times but I'd like to think that an Epicurean alternative book would have a very different "feel" to it. And it's also interesting that they chose not to include their "trademark word" - virtue.

The Emily Austin article you mentioned is a good reference for any Stoic and we need to highlight it more here.