

# Training book/framework for new Epicureans

Post by “Don” of May 17, 2023 at 7:20 AM

Let's workshop some "Epicurean Handbook" subtitles... I'll start...

- Feel, Think, Thrive
- How to Listen to Your Feelings to Make Better Choices
- Pleasure is not a Four-Letter Word
- How Pleasure Points the Way

Those are just a few off the top of my head.