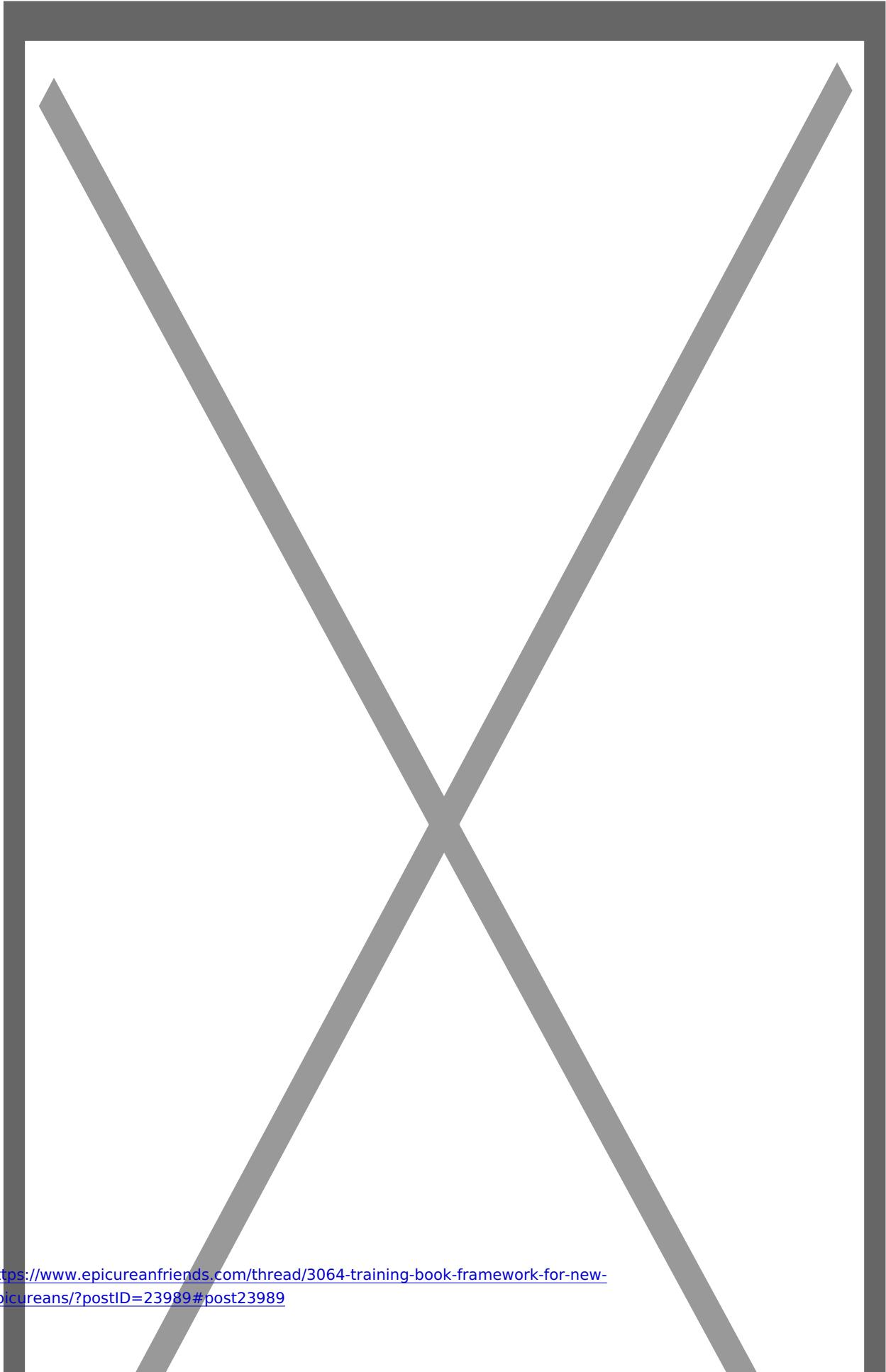


# **Training book/framework for new Epicureans**

**Post by “Don” of May 17, 2023 at 9:29 AM**

I don't know how I missed this one:

Image not found or type unknown



<https://www.epicureanfriends.com/thread/3064-training-book-framework-for-new-epicureans/?postID=23989#post23989>

[Emily Austin on Stoicism's Rival](#)

A discussion on the Epicurean life.  
stoameditation.com

Dr. Austin's conversation with the Stoic podcast!