

# Training book/framework for new Epicureans

Post by “Kalosyni” of May 17, 2023 at 10:22 AM

## [Quote from Matteng](#)

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 ?

I noticed the Stoic book title says "...*in a World Out of Your Control*" -- and that is a very key difference -- In Epicureanism we see that there are things under our control and some things which aren't. And we need to employ wisdom to be clear about what is and isn't under our control, and considering our choices when we take action: What will happen if I do this, and what will happen if I don't do this. Okay, that can be Week 1 of the 52 week by week lessons



Perhaps some of us here ( [Cassius](#), [Don](#), [Joshua](#), [Godfrey](#) ) can collaborate on writing it.