

Training book/framework for new Epicureans

Post by "Titus" of May 17, 2023 at 5:22 PM

[Quote from Kalosyni](#)

In Epicureanism we see that there are things under our control and some things which aren't.

Your statement is quite amazing. Indirectely, I agree with you, but distinguishing between what's within and what's beyond our control is known as a key point of Stoic philosophy. "...*in a World Out of Your Control*" seems to be rather aiming to attract people who might think this world is out of control and Stoicism shows the methods how to get back in control.