

Training book/framework for new Epicureans

Post by "Cassius" of May 17, 2023 at 5:46 PM

[Quote from Titus](#)

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.

Yes - but what they will find in Stoicism is not a prescription to reach out and embrace the world and change those things that can be changed so as to create more pleasure, but an invitation to reject all pleasure and emotion in favor of retreating into mind games about "virtue" as ultimately that is all they care about as under their control.

And that's a vastly different approach to which many who come looking for help in "gaining control" to be worse than their current situation.