

# Training book/framework for new Epicureans

Post by "TauPhi" of May 17, 2023 at 7:59 PM

## [Quote from Cassius](#)

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.

I'm not an expert on Stoicism so I may have it completely wrong but aren't you a bit harsh here? I don't think Stoics wanted to gain control over things out of control. They rather focused on how to deal best (in their understanding of the word) with things in control and not to care too much about things out of control.

Trying to gain control over things out of control would make Stoics look like Don Quixote fighting the windmills. They were already busy enough fighting vices so I doubt they had time for windmills as well.