

Training book/framework for new Epicureans

Post by “Don” of May 17, 2023 at 8:20 PM

I have to agree with [TauPhi](#) in post #14 above.

To "Thrive in a World Out of Your Control" strikes me as an invitation to understand what is and is not out of one's control, and to learn to control what is... Or as [TauPhi](#) says:

[Quote from TauPhi](#)

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.

That said, the Stoics and Epicureans had very different ways of defining that concept and how to deal with it.