

# Does the philosophy change you?

**Post by "Root304" of June 15, 2023 at 12:03 AM**

It definitely was a big shift for me from deep mental affliction due to chasing "the divine", to living pleasantly in a relatively short period of time with the philosophy. I feel like the philosophy was meant for all, but particularly for someone like who I was about 2 years ago to about 2014: bedeviled by the "Gods" and constantly fearing death. So, I am bit of a zealot, a reveler, a "born again" type about Epicureanism. 😊