

Epicurean Philosophy for the Sensitive Soul

Post by “Bryan” of July 11, 2023 at 5:19 PM

This is great! "sometimes we need to overcome subtle feelings of uncertainty, and move forward with activities that will bring us greater joy and well-being over the long-term." Although Epicurus was well studied and, with the help of his group, produced many books -- I do not think he was bookish in the way we often think of the archetype, which is too often, in the west, very quiet and rather antisocial. Epicurus was very social and spent most of his time outdoors, or at least with the windows open.