

Compatibility of Epicureanism and Existential Therapy

Post by "Kalosyni" of July 29, 2023 at 9:50 AM

Here is another good article about Existential Therapy, and *the givens*: "the tension between life and death, between isolation and connection, between freedom and responsibility, and between meaning and meaningless[ness]."

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[Facing the Unavoidable Challenges of Life](#)

Some struggles are universal, but that doesn't mean we are helpless.

www.psychologytoday.com

<https://www.epicureanfriends.com/thread/2648-compatibility-of-epicureanism-and-existential-therapy/?postID=25330#post25330>

The Letter to Menoecus brings up some aspects of *the givens* in addressing death...and also recommends to not engage in the overindulgence of the profligate (and overindulgence may be a distraction away from properly dealing with the givens). And the Letter to Menoecus recommends studying the Epicurean philosophy with others of like-mind, which would be a way of both finding meaning and connection.

[Letter to Menoecus](#)