

Welcome Rivelle!

Post by “Rivelle” of April 3, 2019 at 6:36 AM

Yes. The right medication is vital.

But philosophy can potentially help. Philosophy can be a potentially transformative *modus vivendi*. Philosophy lived in the form of *vita contemplativa* will come about naturally for most intellectual-types. Neurologically speaking, it is obviously healthy for the brain to be employed regularly performing difficult but also *pleasurable* tasks.

For Epicurus, as thinking is natural, philosophy is pleasurable.