

# **April 1, 2024 - First Monday Philosophy Discussion - Via Zoom**

**Post by “Kalosyni” of April 2, 2024 at 9:44 AM**

Thank you to all who attended last night's meeting!

We had a total of seven people. I gave a short presentation on several select [Principal Doctrines](#), as translated by Long and Sedley - highlighting the importance of understanding the limits of pleasure and pain, and then we discussed how those PDs applied to everyday life.

I've posted source material from the presentation [over in this other sub-forum](#).