

Gabor Maté on Authenticity

Post by “Pacatus” of May 27, 2024 at 7:43 PM

[Quote from Julia](#)

(The Cynic answer: “I just shat on the floor.”)



[Quote from Julia](#)

The Epicurean answer: “Myself!”

In the context of the video, absolutely. But I'd extend the Epicurean answer to: Myself – and if we can be friends, then you too, *à la* the so-called “Gestalt Prayer”:

I do my thing and you do your thing.
I am not in this world to live up to your expectations,
And you are not in this world to live up to mine.
You are you, and I am I,
and if by chance we find each other, it's beautiful.
If not, it can't be helped.

— Fritz Perls, *Gestalt Therapy Verbatim*, 1969