

"Self Help Is Like a Vaccine" by Bryan Caplan

Post by "Pacatus" of October 11, 2024 at 4:57 PM

[Quote from Patrikios](#)

The writing is: "Epicurean Stability (eustatheia): A Philosophical Approach of Stress Management", by Christos Yapijakis and George P. Chrousos, medical professionals teaching at National and Kapodistrian University of Athens, Greece.

Thank you, [Patrikios](#) . I found a PDF version of that essay here:
<https://societyofepicurus.com/wp-content/upl...-Eustatheia.pdf>