

Welcome Shierprism

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Hi I'm Shier. I have been interested in philosophy as a therapy or way of life for twenty plus years. I have studied Buddhism, Stoicism and finally, after much soul searching, settled on Epicureanism. I like it's practicality and congruence with my metaphysical beliefs. Having worked in the mental health industry for a long time, I'm especially interested in how modern therapies such as ACT or REBT might usefully be plugged into the practice of a modern day Epicurean.