

# The Purpose Behind Studying Epicurean Philosophy

Post by “Kalosyni” of February 16, 2025 at 9:09 AM

Thank you [Eikadistes](#) for your heartfelt post of your personal experiences. And sounds like it is pointing to a need to **develop coping skills** before hardship or difficult times occur - such as you wrote in your first paragraph about memorizing the Doxai ([Principal Doctrines](#))...and also having an "Epicurean Serenity Prayer" (...I think I remember some posts on that a long time ago, will see if I can find them).

And so this is something to add to the above list in post number one.