

Dealing with stress, coping skills, and how to improve mood

Post by “EyalA” of March 5, 2025 at 12:26 AM

Hi Kalosyni,

For the moment i read the summary and liked it. I will read the article.

Given that, you reminded me that i read a little bit about Philodemus analysis of anger. In certain situations it is justified, and obviously one should manage it to make it useful.