

# Welcome Pimagus

Post by “Patrikios” of March 8, 2025 at 3:45 PM

## [Quote from Pimagus](#)

I am a retired surgeon with a masters in counseling psychology.

Welcome, Pimagus,

With your medical and psychological background, you may be interested in reading some of the articles written by Dr. **Christos Yapijakis**, medical professor in Athens Greece. I found his focus on ‘balance’ and ‘stability’ (eustatheia) is what I know as homeostasis; something I’ve been working to achieve on a daily basis. ☐☐☐

Here are links to a couple of his writings, translated into English.

## **Ethical teachings of Epicurus based on human nature in the light of Biological Psychology**

[https://www.epicuros.gr/arthra/23\\_filo.pdf](https://www.epicuros.gr/arthra/23_filo.pdf)

## **Epicurean Stability (eustatheia): A Philosophical Approach of Stress Management**

**C. Yapijakis & G. P. Chrousos**

[https://societyofepicurus.com/wp-content/uploads/2023/01/Yapijakis-Chrousos\\_Epicurean-Eustatheia.pdf](https://societyofepicurus.com/wp-content/uploads/2023/01/Yapijakis-Chrousos_Epicurean-Eustatheia.pdf)

Enjoy,

Patrikios