

What place does "simple" have in Epicureanism?

Post by "Kalosyni" of July 6, 2025 at 7:41 AM

[Quote from Kalosyni](#)

This brings up the idea regarding the necessity to develop positive attitudes and then eventually habits in relation to things

I'm not sure if there is anything directly talking about having (or how to have) a positive attitude within Epicurean philosophy, but I want to recommend a book that I found to be very good: "Positivity" by Barbara Fredrickson, and which has science-backed research and a practical take on it, such as how to be positive in the face of difficult situations.