

Possible use of the Pythagorean exercise called "evening review" for Epicurean purposes.

Post by "Cassius" of December 19, 2025 at 5:52 PM

[Quote from Daniel188](#)

I apologize if I sounded arrogant. My intention was simply to try to convey something that helps me personally and can be adapted for various purposes. I find such a suggestion rather harmless. As for the issue of Seneca himself and his philosophical views, I assume that most people here understand the errors of Stoicism. I think this is an appropriate post for "Epicurean Life Strategies for Modern Times." Critiques of Platonic absolutes and providential order would fit into other categories.

No need for concern and I want to stress I did not intend to be harsh either. Your responses were excellent! I am constantly fine-tuning the tone and approach of the front page of the forum and our vetting process. I want to be sure that we are being clear about the differences between Stoics and Epicurus, and as we move into 2026 I am working towards making some of these differences even more prominent.

Again, welcome to the forum. Your answers show just the kind of awareness that we need in the type people who post here!