

# What Would An Epicurean Use In Their Toolkit For Making Their Hedonic Calculus?

Post by "Godfrey" of July 18, 2019 at 1:30 PM

Quote

I thought to add Newton's equal force law to fight the cycle of depression. So doing more especially activities that you enjoy...

Yesterday I was listening to a podcast of an interview with the author of the book Stress Proof:

<https://www.artofmanliness.com/articles/podca...body-and-brain/>

The author is a neuro-opthamologist (I never knew there was such a specialty!) so her approach is very biologically based. [godek](#) , there was some discussion of depression as it relates to stress, which is why I'm posting. But of interest to me was the contention that uncertainty is the greatest contributor to stress and some discussion of removing uncertainty, which sounded a lot like autarchy. The author professed her enthusiasm for Stoicism, but the material presented seemed more Epicurean to me! Anyway it's worth a listen; I plan to read the book sometime soon.