

# Should the Study of Modern Psychology and Positive Psychology be Encouraged?

**Post by “Kalosyni” of May 15, 2026 at 8:38 AM**

In a recent Zoom meeting we presented this question for discussion:

"Do you think that the study of modern psychology should play a role in the lives of those who study Epicurean philosophy? Why or why not?" ...I would reframe and give more detail: "Should someone who studies Epicurean philosophy also include the study of modern psychology and implement evidence based "self-help" and positive psychology"?

Anyone with thoughts on this?

I will soon post more, but in the meantime please add your thoughts, thanks! 😊