

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

Post by "Don" of May 15, 2026 at 9:24 PM

[Quote from Kalosyni](#)

"Should someone who studies Epicurean philosophy also include the study of modern psychology and implement evidence based "self-help" and positive psychology"?

I agree that there's not an ultimatum to or prohibition against the study as [Pacatus](#) 's last sentence states.

However, [Kalosyni](#) , I think you've hit the nail on the head by using "evidence based." If a technique or practice is shown to increase happiness or enhance gratitude in keeping with Epicurus' philosophy, I certainly see no reason to not take advantage of it if it resonates with someone.