

Welcome Bob!

Post by "Bob" of October 15, 2019 at 4:48 PM

Hi all. I am a simple island man; a native New Yorker and a retired social worker now living in South Florida.

I became interested in Stoic philosophy through the works of Albert Ellis and his rational emotive therapy. Reading Seneca and Marcus Aurelius got me interested in Epicurean thought, which suits me well.

I admire the Charles and Ray Eames idea of "Take your pleasure seriously." However, my wife keeps me in line and usually beats me at board games. When she wins she smiles and that warms my heart. AH!