

# Welcome Bob!

## Post by “Cassius” of October 13, 2019 at 4:54 PM

Welcome [Bob](#) ! When you get a chance, please introduce yourself and let us know your background and interests in Epicurus. We hope you will enjoy your stay here, and we invite you to open threads on any of the topics here which interest you.

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## 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 though 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!

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## Post by “Cassius” of October 15, 2019 at 5:46 PM

Thank you for joining us, and we look forward to hearing more from you!

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## Post by “Martin” of October 17, 2019 at 1:54 PM

Welcome Bob!

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**Post by “Bob” of October 18, 2019 at 1:48 PM**

Thanks Martin! It's good to be among like-minded people.