

# **Sunday, October 12, 2025 - Sunday Zoom Discussion Topic - "Reinforcement Practices" - User-Submitted Suggestions**

## **Post by "Cassius" of October 10, 2025 at 11:16 AM**

This week we will devote the meeting to discussing Reinforcement Practices submitted by users that assist us in living according to the teachings of Epicurus.

Between now and then we'll pull together suggestions from past forum posts, compile them into a list, and discuss suggestions to expand the list and make it more useful.

It would be good to organize these according to topic (that is, what aspect of Epicurean doctrine is being reinforced), so please think about how you might "tag" your suggestions. While pretty much everything fits under "live a happier life," if we break down the topic of the reinforcement into tighter categories that will help us better organize them.

We encourage meeting participants to think about this and bring your suggestions!

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## **Post by "Kalosyni" of October 10, 2025 at 1:46 PM**

It appears that the word "reinforcement" is being used here instead of "practical applications". (And I don't think you [Cassius](#) mean that as in operant conditioning).

Are there any other ways to refer to this? (in addition)

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## **Post by "Kalosyni" of October 10, 2025 at 3:10 PM**

There is this document, as something to add to the discussion:

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THERAPY OF VICE - VOULA TSOUNA

<https://ancphil.lsa.umich.edu/-/downloads/osap/21-Tsouna.pdf>

<https://www.epicureanfriends.com/thread/4756-sunday-october-12-2025-sunday-zoom-discussion-topic-reinforcement-practices-user/>