

# **Tetrapharmakos in Philodemus's On Choices and Rejections**

**Post by “Titus” of February 26, 2022 at 6:17 PM**

It's amazing to read a first hand analysis of an Epicurean, actively propagating the philosophy. For myself it feels "in motion", like reading a living voice. Reminds me of the importance to keep the philosophy breathing. There's a lot of space for interpretation, but I'd only like to emphasize on the practical issues Philodemus is concerning. I can draw direct connections to my personal experiences from Philodemus' advices. He tells us to keep our health in a good condition, to stay connected with our friends etc. Personally, I too often forget to stay on the grounds of Epicurean philosophy, disturbed by the impressions of my surroundings and driven by unreflected emotions. That is why it is good to read this kind of devotional literature.

Philodemus is an example to others and it would be great just to become a fraction of his brilliance.