

# Episode One Hundred Forty-Six - "Epicurus And His Philosophy" Part 02 - The Three Divisions of Epicurean Philosophy

Post by "Kalosyni" of October 31, 2022 at 3:02 PM

I was just reading a thread about the [Tetrapharmakos](#) (and how it is a quick way of summarizing the first four Principle Doctrines) and in this thread an important point about outlines and summaries is brought up:

Quote by Cassius:

Quote

It's possible to summarize or to abstract too strongly to the point where essential details get left out, and that's what I think is defective in both of these two formulations.

I am a big fan of outlining and I love to do it, but part of the trick of doing it right is to distill the elements down to the essentials without cutting too much, or without cutting too little.