

# Who to believe?

Post by “Don” of May 29, 2023 at 9:17 AM

[Quote from TauPhi](#)

I highly recommend going to the source material which Nate listed above.

Agreed. An early read through the actual texts was my introduction after discovering Epicureanism through mentions in Stoic material (like Marcus Aurelius and Seneca) and in neo-Stoic materials. Also Alain De Botton's *The Consolations of Philosophy*. I don't recommend those, that's just where I heard about Epicurus.

For me, I moved directly into Diogenes Laertius 's book 10 devoted to Epicurus as my entry to the philosophy. Then Lucretius...etc. Let Epicurus and the Ancient Epicureans speak for themselves, then move into commentary.

That said, Emily Austin's book is the most accessible short introduction to the philosophy available now in my opinion.