

Epicurean Virtue

Post by “wbernys” of February 7, 2026 at 8:33 PM

[Quote from Kalosyni](#)

Thanks for sharing this here, and this is an interesting project that perhaps all Epicureans should take on

I was mainly inspired by Emily Austin's advice to actually write Epicureanism in order to appreciate it. Philodemus apparently said one should write criticisms of oneself and write down Epicurean doctrine to fully appreciate the tenets of Epicureanism.

I do a journal entry around every Eikas and I can attest it does wonders for mental and bodily health. Recommend others do it.