

# Welcome Ludenbergcastle

**Post by “Cassius” of March 10, 2026 at 11:41 AM**

Thank you for your frank and clear post. I hope you'll find the PDF helpful.

I would also suggest our reading list material, especially the two key books that we recommend (depending on one's background and level of interest) by Norman DeWitt and Emily Austin.

I would like to think that what distinguishes this forum from other locations on the internet is the seriousness and focus which we place on this very issue:

## [Quote from ludenbergcastle](#)

I didn't think such a philosophy focused on the rejection of the supernatural and the pursuit of pleasure (in its proper form and understanding) existed. Subsequently, it piqued my interested as someone who had left Christianity not long ago and is looking to deconstruct from the supernatural and superstition.

Many come here because they are thinking they will find advice on simple living. There are many other places better than here to do that.

Many come here because they are focused on getting rid of mental anxiety with the least possible changes in their thoughts or lifestyle. Those people are much better off somewhere else.

Others come here because they are looking to reinforce their Buddhism or their Stoicism or their Humanism or their Nihilism with pithy quotes from another philosopher. Those people are wasting their time and need a major readjustment in perspective.

If I had to name one "target group" of people who can best profit from what we are doing here, it is those who have become disillusioned with any version of Abrahamic religion and who are looking for a clean break "from the supernatural and superstition." That's exactly what Epicurus developed 2000 years ago, and the primary focus of this forum is to help people rediscover exactly what he stood for before the Abrahamic world brushed him aside.