

Heads up: New Book Coming in 2027

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<https://us.macmillan.com/books/9781250454256/theartofenough/>

The Art of Enough: The Ancient Epicurean Philosophy of Finding and Keeping Happiness

Author: Jonny Thomson

Book Details

A modern-day guide to the ancient philosophy of Epicureanism, celebrating a radical new mindset: We already have what we need in order to be happy.

Life can be exhausting; there is always more to do and more to strive for. This quest for optimization has found a popular ally in Stoicism, a philosophy of self-mastery and determination. But in a restless world, this impossible hustle is making us unhappy. When all we want is more, we find that we never have quite enough.

Thousands of years ago, Epicurus argued that we need philosophy to offer a better way forward. And so, in a world where anxiety, loneliness, and isolation are increasingly normalized, we need more than endurance. We need a mindset that helps us thrive in the world as it is. We need Epicureanism.

In The Art of Enough, popular philosopher Jonny Thomson blends together ancient Greek philosophy and contemporary science to show how we can deal with the beautiful, messy realities of life. Through real-life examples and philosophical principles, Thomson shows how the Epicurean ideals of introspection, close friendship, and commitment can teach us to enjoy the many pleasures we're simply too anxious to see.

Intelligent, warm, and timely, The Art of Enough is not a book about wanting less. It's a book about finally appreciating what enough looks like—and discovering it was there all along.