

# Welcome JLR / Lee!

**Post by "Lee" of December 26, 2019 at 5:26 PM**

Hello Cassius and thank you for welcoming me to the community. I found the forum originally by searching online and also secondarily through <http://societyofepicurus.com/> and Hiram Crespo.

I am a graduate of the Great Books curriculum of Thomas Aquinas College in California which I attended after earning a completely unrelated degree at the U. Of Missouri, Columbia back in 1992. I was an atheist until studying philosophy and have considered myself a theist for the last 25 years.

I am a long time student of the Western philosophical tradition with an emphasis on Aristotle's Ethics and the concept of Eudaemonia. I become particularly interested in ethics after reading Mortimer Adler's The Time of Our Lives. I wrote a simple yet comprehensive ethics book that was completed in 2015 called Understanding Happiness, How to think about living well. I took this book out of print and plan to begin a new project to release a second addition that is better written with the help of a competent editor.

After completing the book, I was faced with some challenges in life that created anxiety and anguish. To help cope with negative thoughts, I became acquainted with eastern meditation and consequently wanted to learn more about exposure of Greek philosophy to Indian thought that was transferred during Alexander the Great's invasion of India. Knowing the pluralism of the Greeks, I was sure that the pursuit of tranquility was something they had examined and that had been under-emphasized in my studies because of a focus on Plato and Aristotle. I consequently became acquainted with the concept of ataraxia and set out to learn which Greeks had focused on this idea.

The study of ataraxia lead me to Epicurus. I was astonished to realize I had overlooked this great thinker by relegating him to the category of base hedonism. I had thought he was one who was content to be the pig satisfied rather than Socrates dissatisfied. Once I learned of his measured pursuit of pleasure and focus on ataraxia, I was hooked!

I still have some hesitation to abandon ideas such as the eudaemonia as a measure of the best life. However, I think I have the greatest overall affinity for Epicurean thought. I agree with him that the purpose of studying philosophy is to banish fear and superstition and to acquire ataraxia to live in peace and pleasure.

I look forward to you and other members of the group sharing insights on this point.

Thanks for your suggested readings. I clearly have some work to do. Thus far, I have read:

- Lucretius, *On the Nature of Things*

-The Biography of Epicurus By Diogenes Laertius (Chapter 10). This includes all Epicurus' letters and the Authorized Doctrines. Supplement with the Vatican list of Sayings.

- **Epicureanism** by *William Wallace*

Best Regards,

JLR