

# **Great Post From Holly At Facebook Crediting Motivation From "Living For Pleasure"**

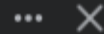
**Post by "Cassius" of January 20, 2023 at 11:54 AM**

Holly has been of great help to us at Facebook for years. Some day we've got to get her over here. She's a librarian. Seems like we have one of those already, but we could use another!



## Epicurean Philosophy

Holly June Graves · 17m · 🌐



Happy 20th, friends!

I am feeling a most welcome renewed interest in an Epicurean lifestyle after reading 'Living for Pleasure' by Emily Austin and listening to an interview with her on the EpicureanFriends podcast. Now, I am not much for highly technical philosophic discussions, and I have a hard time remembering the teachings of Epicurus except in a very basic way. But after a few years of hanging out in Epicurean Facebook groups and reading whatever I could get my hands on about the teachings, I've discovered that I have managed to begin embodying these ideas seemingly by osmosis.

Some examples:

I need to lose weight for health reasons and I also desire to be a little more trim, but instead of dieting I just reduce the amount of what I'm eating, finding pleasure in delicious food and not denying myself anything. Eating when I am hungry is so satisfying!

I've been spending more time with good friends who I know I can depend on, and they can depend on me as well. We have such wonderful conversations that I can ponder later!

I've given up the quest for self-improvement (self-help books, meditation, etc.). I like to spend time quietly remembering the happy times I've had recently, feeling gratitude for friends and family, and this leads to a calm, meditative state that is much more satisfying than my old methods, which involved striving and judgement about doing it "right."

I am in some ways a "bad" Epicurean (I just can't give up a sadness at the prospect of dying and no longer existing) but I can truly say at this point in my life that I am happier because of the freedom that I have given myself by studying this wonderful and healthy philosophy. It is so down-to-earth, and just feels intuitively so right.

May you have all the happiness you want, my friends! thanks for everything.

