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Post by “Don” of August 24, 2021 at 7:55 AM

[Kalosyni](#) , I wanted to add that, if you haven't run into it yet, I find the Tetrpharmakos (literally, "four ingredient medicine") a good starting place to think about what Epicurus's philosophy entails. Some on this forum may beg to differ, but I find it one of the most condensed, succinct summaries and it has ancient origins (quoted or written by Philodemus himself). Here's a personal translation:

Nothing to fear from gods.

Not to be anxious about death

The Good (pleasure) is easy to find;

And the Terrible (pain) can be endured.

That's the nutshell version in my opinion. Commentary and discussion of each of those lines could fill a book, but that's a starting point. Especially line 3. I believe moments of pleasure are available every day including recollection of past pleasures. Moment by moment, we decide to find pleasure or not. Carpe diem means Pluck the ripe fruit of pleasure that's right in front of you now.