

Welcome Cleveland Oakie!

Post by "Cassius" of October 17, 2021 at 3:46 AM

That's a very good question! I am not sure that there are any that strike me as satisfying on that score as well as DeWitt does on the background, but because I trust his consistency I would probably say Haris Dimitriadis' book as found at Epicurusphilosophy.com.

I would be curious at any comments from others in answer to this question.

I would also rank Catherine Wilson's books as better than many, although with her i.have to warn that (as with many others) there is a tendency to equate the writers moral/political views as those of Epicurus.

For that reason despite its emphasis on theory I think that someone who takes to heart the basic principles DeWitt discussed, and honestly sits back and asks "How would I be living today if I had been taught these things from childhood?" is far ahead of the game.

The standard suggestions you will read about "simple loving" and the like in other books can indeed be helpful, but the danger is that each if us have different circumstances, and too cookie-cutter an effort to implement them is not a good idea. On that score [VS63](#) is always good to remember!

I think the true benefit of Epicurus is in helping you reprogram your mind on the ultimate issues of life, and once one does that the immediate practical decisions fall into place very naturally.