

# Welcome Cleveland Oakie!

**Post by "Godfrey" of October 21, 2021 at 12:21 PM**

Regarding politics, I agree with [Joshua](#) that Epicurus pre-dated much of today's political and economic theory and therefore it's a bit of a stretch to make a case for him espousing libertarianism, Marxism or any other current or recent ideology.

For my own curiosity about an Epicurean take on politics, I've just begun reading Wilson's How To Be An Epicurean. I've been avoiding that book because it veers into politics, but since it was listed in the recent thread on books on practical EP I figured I'd give it a chance.

Some comments on the first pages of the book. Wilson clearly states that the book is her take on EP and that not everyone will agree with her. Paraphrasing another statement of hers, the value of studying a philosophy is in learning to think for oneself, not in becoming a follower. I find this line of thinking refreshing, particularly when considering the oft expressed desire for Epicurean "spiritual exercises" along the lines of Stoic practices.

But I digress. Comments on Wilson probably belong in another thread. I just wanted to mention her as someone to read for an alternate take on reading politics into EP.