

# Crespo (Hiram) - "Tending the Epicurean Garden"

**Post by "smoothiekiwi" of January 6, 2022 at 4:22 PM**

I think that for the most part, I agree with [Cassius](#). It was a good book to read, and it showed to me a few new concepts- nevertheless, I can't say that I found it a „must-read“. It's good, but it's not extraordinary. And yes, I would also place it into the category of self-help. That isn't some form of judgement- I don't want to say that it's good or bad-, its simply a classification without judging if its good and bad.