

# Tetrapharmakos in Philodemus's On Choices and Rejections

**Post by “Don” of February 25, 2022 at 8:43 PM**

Yes, we're definitely clear that's what he's referring to. Go further along, too. He mentions the first four of the [Principal Doctrines](#) at the beginning in that order. That's the Tetrapharmakos. As I understand, he mentions it/them in other works. Which means I have to keep working on the other ones of his works in Les Epicuriens.

PS: I'm also going through Tsouna's The Ethics of Philodemus and checking her translations of excerpts from [On Choices and Avoidances], comparing against PHerc.1251, and sizing up my translations from French to English, and I'm finding the French (if my English ones are right) seems to be more literal in matching up to the papyrus while Tsouna's is more paraphrased or colloquial English. This is turning into a fascinating exercise, \*and\* shedding light on authentic, ancient Epicurean texts not generally available to us... at least not to me 😊