

# Episode One Hundred Twelve - Epicurus' Letter to Herodotus 01 (Introduction)

Post by “Joshua” of March 6, 2022 at 11:38 AM

As we are finally getting into the Letters of Epicurus himself, I want to take this opportunity to plug [Don](#) 's [Translation and Commentary](#) on the *Letter to Menoikeus*, which work I have cited in this recording, and which, if you have not looked into it, is well worth your time.

Show Notes:

On Epitomes

- We talked quite a lot about the practice of epitomes, summaries and outlines, for more information on which it will be useful to review *Epicurus and his Philosophy* by Norman DeWitt.
- For contrast, one may look at the [Enchiridion](#), or Handbook, of the sayings of Epictetus. The Stoic handbooks of Epictetus and Marcus Aurelius deal quite extensively with practical advice for day to day living, but do not spare much time for metaphysics. In contrast, Epicurus was quite happy to devote an entire epitome to an overview of the physics, which he discussed at length in his *Magnum Opus* "On Nature". DeWitt suggests (as does the first paragraph of this Letter) that there were really two epitomes, and that this is the 'little epitome'.

David Allan Coe

- David Allan Coe is, apparently, an American Singer-Songwriter. If I had known who he was, perhaps I could have corrected [Cassius](#) sooner, but *alas!*

David Allen

- David Allen is an American consultant on efficiency in life and business, whose wildly popular book [Getting Things Done](#) has become a standard for organization and time management using checklists, outlines, notebooks and a master calendar or diary.

Since a major theme of our conversation today was on effective and useful outlines and summaries, we invite you to consider making your [Personal Outline](#) of Epicurean Philosophy, on the model of Epicurus himself as well as Thomas Jefferson.