

Welcome ReneLiza!

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Hello!

My background in Epicurean education is almost none. I'll share what background I do have with the note that this isn't an endorsement of any particular part of it.

I knew of Epicureanism basically as the modern understanding: an appreciation for fine food and drink, but through the YouTube channel PhilosophyTube got a (very small) bit more understanding. PhilosophyTube did awake in me a greater interest in hedonism and I jokingly asked my husband if it was possible to be a hedonist and a stoic.

Meanwhile, I started using cognitive techniques to improve my mental state and decided to look deeper into Stoicism. Although I do find great value in Stoic practices, it took only about 1/4 of a book on Seneca to determine that this guy Epicurus who he kept quoting (favorably yet still with great disdain??) seemed way more interesting to me.

I found this site via the podcast, and I'm only about 3 episodes in, so I'm still VERY early in the learning process.

Here, I mostly intend to listen and learn and hopefully ask some questions, and I greatly appreciate the reading list offered above because it has been tough for me to find good resources given that most primary sources have been lost to history and all modern focus in ancient philosophies seems to be on Stoicism. I'm grateful to have a place to learn more.