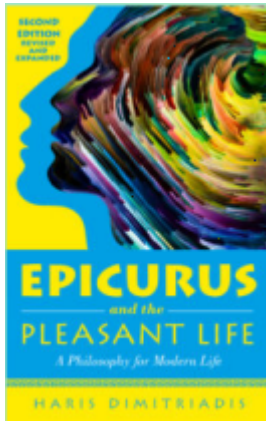


Second Edition of Haris Dimitriadis' "Epicurus And the Pleasant Life" Now Released

Post by "Cassius" of December 15, 2022 at 9:13 AM



It has just come to my attention that Haris has released a second edition of his "Epicurus and the Pleasant Life." His detailed preface is available on his website [here](#). The following is an excerpt:

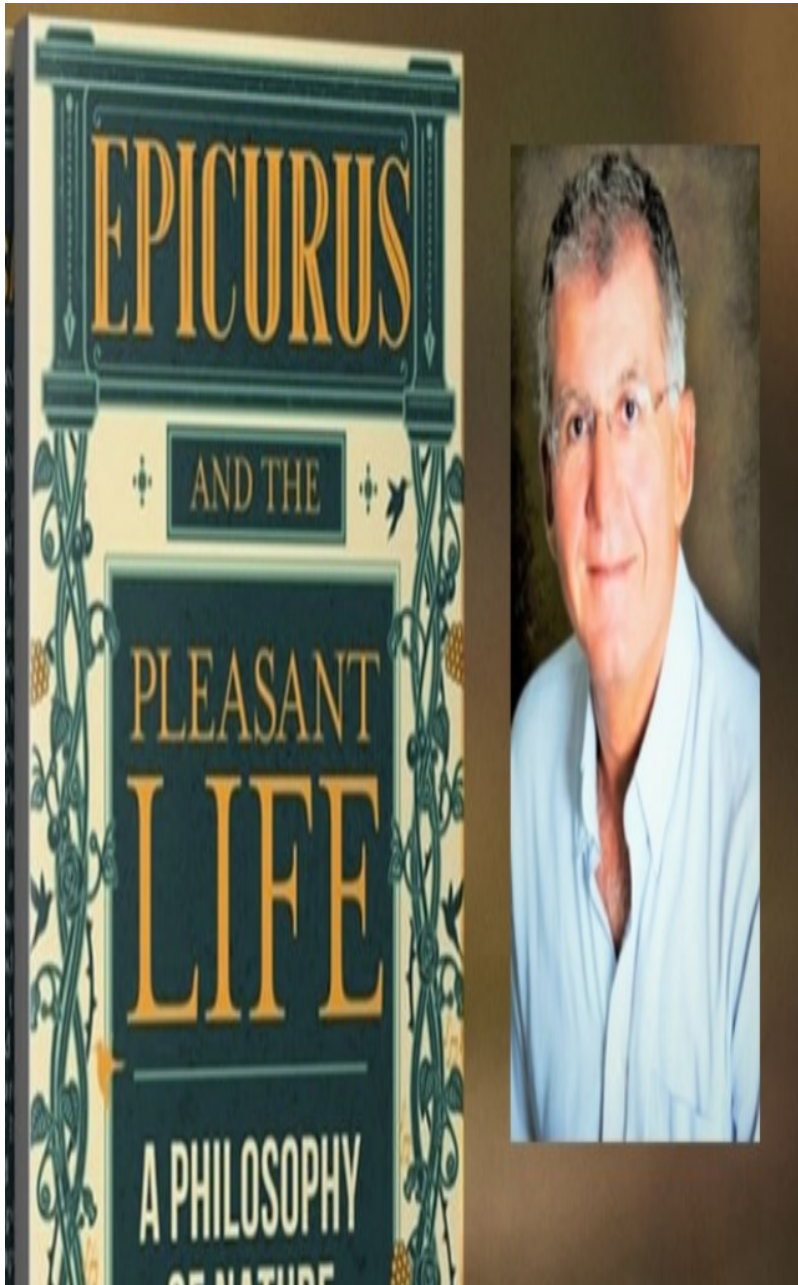
Quote from Haris Dimitriadis

My deep confidence in the truthfulness of the Epicurean philosophy and, in particular, in its capacity to help modern people live a happy life, is the driving force that motivates me to do whatever is possible within my powers to make this largely unfamiliar philosophy accessible and meaningful to the general public. I have tried to objectively present the alternative views, both ancient and contemporary, so that the truth reveals itself transparently by the sheer comparison of the evidence.

Five years since the first publication of the book and fifteen years since my first encounter with the Epicurean philosophy, I feel that the circumstances are ripe now to go through the second edition. There are several reasons that nourish my desire to improve the quality of the first edition: my accumulated personal experience from the application of the philosophy in everyday life; my continuous research on the Epicurean philosophy over the years; and the feedback I received from an ample number of reviewers of the first edition.

All these reasons are powerful motives to present a comprehensive version of the Epicurean philosophy, shed light on the remaining dark areas, and lastly, address the reported weaknesses of the first edition.

I have been an appreciative fan of Haris for the many years that I have been in (unfortunately sporadic) communication with him over at Facebook. In fact we have at least one article from him featured here on Epicureanfriends:



Blog Article

["Challenging Ataraxia" - By Haris Dimitriadis](#)

Haris Dimitriadis is author of ["The Pleasant Life - The Philosophy of Epicurus."](#) Born in Greece, Haris studied Mathematics at the Aristotelian University of Thessaloniki as well as Economics at the London School of Economics. His career spanned the business and banking industries and has settled into retirement. Through climbing the corporate ladder he found it brought little

<https://www.epicureanfriends.com/thread/2784-second-edition-of-haris-dimitriadis-epicurus-and-the-pleasant-life-now-released/?postID=21236#post21236>

peace of mind and turned his attention to the philosophy of Epicurus. Haris can be contacted through his website ...



Cassius

May 15, 2020 at 1:54 PM

I think we have missed too long being more engaged with Haris and his work, and I'm going to try to work to remedy that in the coming months. With the recent release of Emily Austin's "Living for Pleasure," 2022 has turned into a landmark year for publication of accessible introductions to Epicurus.

For any of you who are so inclined I hope you will join me in looking over Haris' book and even more, let's try to engage with him more closely over the coming months and years. I am embarrassed to say that I am not sure whether Haris has an account here or not, but if he doesn't I will try to talk him into dropping in every so often.