

# Weight Loss Methods - Poll of EpicureanFriends Results

Post by "Titus" of January 18, 2023 at 10:45 AM

## [Quote from Don](#)

This is an interesting question because as I remember reading somewhere, Epicurus experimented with how much he needed to maintain his happiness and pleasurable living from time to time. Sorry, can't think of the citation off the top of my head.

I remember this, too. I also remember Epicurus comparing himself to Metrodoros, who wasn't able to eat as cheap as Epicurus. 😊