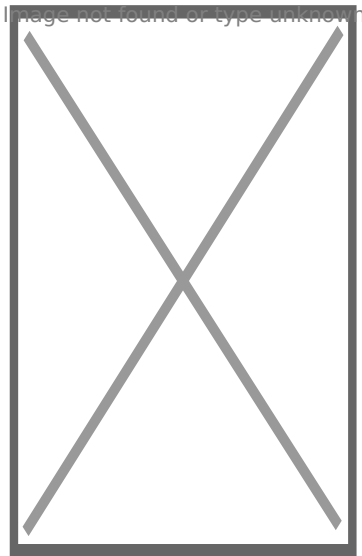


# Starting a closed in-person/zoom/social media mixed Epicurean Study Group; Utilizing this Website and Where to Start

Post by "Don" of March 5, 2023 at 6:57 AM

Agreed that Dr. Austin's book is the best starting place currently. If you don't want to make people buy her book, my suggestion would be to start with the several podcasts she's done both here and on other shows. If you need links, I think we've added them to the podcasts/modern books section but I can try to consolidate of that would be helpful.

If you're looking for free resources, DeWitt is available on Internet Archive:



[Epicurus And His Philosophy : Epicurus : Free Download, Borrow, and Streaming : Internet Archive](#)

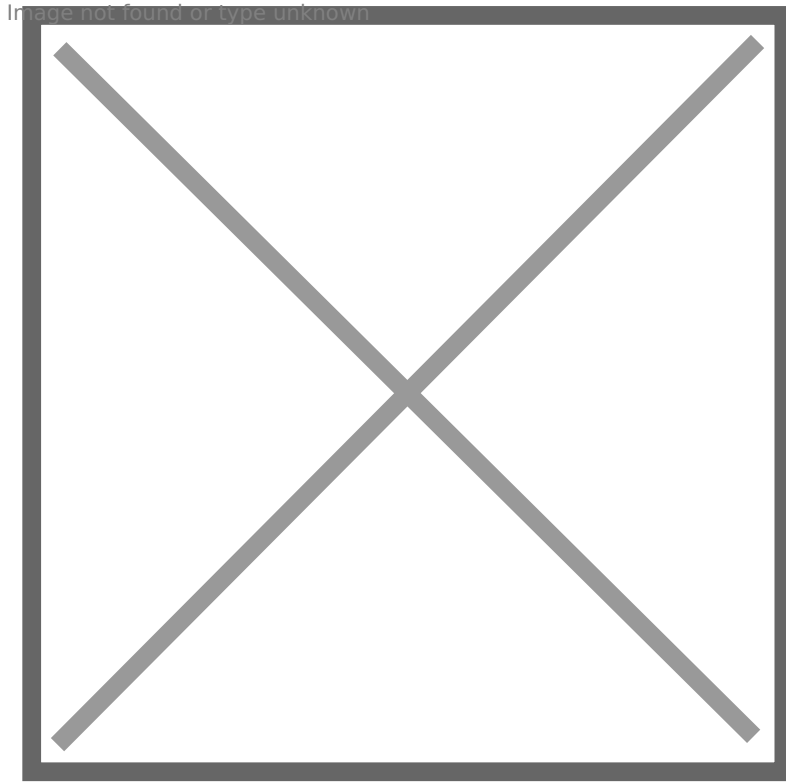
Epicurus And His Philosophy  
archive.org

But, honestly, I'm not as big a fan of his than some on this forum. I think his content is fine, his scholarship is first rate, but his style and vocabulary (and other details) can be a bit off-putting for me. He's not always an easy read. For me **\*\*personally\*\*** : 👍 👍 on his organization and general direction. 👎 on writing style, expanding references beyond what they say, and Christianity around every corner. That said, he's what we have (or had, until Emily's book).

As an aside: I've recently become interested in Dr. Michael Rucker and his work on including more "fun" in our lives. I've listened to the audiobook of his "The Fun Habit" and even bought the print book and am slowly going through it. I hope to make a (positive) Epicurean response to

<https://www.epicureanfriends.com/thread/2939-starting-a-closed-in-person-zoom-social-media-mixed-epicurean-study-group-utiliz/?postID=22998#post22998>

it some day. He also has a website:



[A counterintuitive method to ensure 2023 is your most fun year ever.](https://michaelrucker.com)  
michaelrucker.com

with a lot of resources.

\*I\* think it is an eminently Epicurean book albeit without mention of Epicurus. It could easily have been called *The Pleasure Habit*, because I think both pleasure and fun have been maligned in our culture, at least in North America.

I also want to re-read *Lonesome Dove* by Larry McMurtry since Dr. Austin brought up the Epicurean example of Augustus "Gus" McCray in that book, set against his friend Woodrow Call, the Stoic.

Early morning thought. Good luck on your project!!!