

# Best Way to Introduce Teachings?

**Post by “Daniel Van Orman” of March 13, 2019 at 3:48 PM**

I was using the word hedonism to describe one part of Epicureanism. There are many other parts (ex; Physics, Friendship/Social Creature, etc.) which could be described in detail to help people understand the whole of Epicureanism.

I thought Epicureanism was a hedonistic philosophy. Is there something wrong with my understanding or saying it is?