

# How to live the Epicurean life in today's society (brainstorming an authoritative list)

Post by “Kalosyni” of November 1, 2023 at 3:24 PM

Here is something that is being worked on (list by Cassius) which could jumpstart some practical application of Epicurean philosophy:

## Epicurean Lifestyle Examples And Tips

Here is our collection of examples of those who have lived according to the philosophy of Epicurus. These real-world examples illustrate living an Epicurean lifestyle without erring either in the pursuit of luxury or in the pursuit of asceticism, but focusing instead on the pursuit of "pleasure."

<b>Epicurean</b>	<b>Distinctive Lifestyle Aspects</b>
<b>Epicurus</b>	Happiness through Study of nature and philosophical advocacy
<b>Polyaneus</b>	Proper perspectives on Happiness as more important than Geometry
<b>Atticus</b>	Exercising Friendship To All Sides Among Enemies
<b>Lucretius</b>	Epicurean Outreach through poetry and art
<b>Piso</b>	Supporting The Epicureans Financially and Pamphleteering
<b>Diogenes of Oinoanda</b>	Distributing Epicurean philosophy to the public
<b>Demetrius</b>	Advising Leaders In Difficult Times
<b>Cassius Longinus</b>	Taking actions for peace and security
<b>Zeno</b>	Leading the Epicurean school after Epicurus
<b>Philodemus</b>	Life Coaching On Anger, Property Management, Music, Logic, etc.

These are historical examples, but then we could begin to think of how to adopt some of these for modern times.