

What Epicurus Offers To The Modern World As Of April, 2024?

Post by "Pacatus" of April 24, 2024 at 2:59 PM

[Quote from Cassius](#)

What if your life isn't "together" and you don't have time to read philosophy? Why would someone like that spending any time discussing Epicurus?

Even a simple, bite-by-bite imbibing of Epicurean principles can (in my opinion) be helpful in getting one's life together (just as in many therapies). A deep, time-consuming dive into scholarship or even popular sources (such as Emily Austin) is not necessary - and for many people may not be possible. This site is a very good resource for those people, who can tap in as they need and wish. It has been for me.

[This question could merit a whole thread of its own - as could some of the others no doubt.]

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VS 27 (Bailey version): "In all other occupations the fruit comes painfully after completion, but, in philosophy, pleasure goes hand in hand with knowledge; for enjoyment does not follow comprehension, but comprehension and enjoyment are simultaneous." Effective therapy (in my experience) does the same: once, when I was going through a really rough time, I went into my first meeting with a therapist (who later became a friend) scared, anxious and depressed - I left laughing. Was that the end of it? No. But that was the process that kept me coming back for some time.

Same for here.