

Welcome Julia!

Post by "Cassius" of May 4, 2024 at 9:13 AM

Yes indeed that is an excellent first post and you are very welcome here! In my own case, I particularly welcome those who indicate an interest in Nietzsche, because I think Nietzsche was "one of us" in many ways with his appreciation of Epicurus. I am not so bold as to say that we are smarter than Nietzsche in avoiding the "passivist" interpretations of Epicurus that Nietzsche found impossible to accept, but in my own mind I just put Nietzsche's criticisms down to his own peculiarities. A proper interpretation of Epicurus is entirely consistent with, and indeed the best way to, lead a strong and confident life, or paraphrasing your words, it's the best path "to fortify ... body and mind in preparation for [every] attempt at victory in the battle that [is] life."

Many of us have similar stories of detouring through Stoicism, and ultimately finding it empty, and I'd encourage you to share yours here as you see fit. The more times we see and hear the pattern the easier it becomes to recognize the problems and see how Epicurus resolves those errors.

I am going to tag in this file our friend [Elli](#) in Greece, who posts frequently on the [Epicurean Philosophy Facebook group](#), as she also shares similar interests.

It would be helpful to know too - did you find us via Google or Facebook or searching podcasts, or how?