

# Looking for a book recommendation

Post by “Cleveland Okie” of June 18, 2024 at 9:23 PM

My main avenue for learning about Epicureanism has been through reading books. Here is what I have read so far:

Tending the Epicurean Garden, Hiram Crespo.

The Epicurus Reader: Selected Writings and Testimonia, Epicurus, Brad Inwood, Lloyd P. Gerson

Reading Lucretius in the Renaissance, Ada Palmer.

Living for Pleasure: An Epicurean Guide to Life, Emily Austin.

How to Be an Epicurean: The Ancient Art of Living Well, Catherine Wilson.

Epicureanism: A Very Short Introduction, Catherine Wilson.

Epicurus and His Philosophy, Norman W. DeWitt.

EPICURUS and THE PLEASANT LIFE: A Philosophy of Nature Kindle Edition– November 30, 2022 -

Revised and Expanded 2nd Edition, Haris Dimitriadis

Swerve, Stephen Greenblatt.

(I tried to read the William Wallace book but just couldn't get into it).

Except for the Greenblatt, which I read years ago, I have read all the others in the last few years after reading the "Letter to Menoeceus" and thereby becoming really interested in Epicureanism.

I am particularly interested in how to apply Epicureanism to my actual life, so I found the Austin, Crespo and Dimitriadis particularly useful. The Austin book is my favorite and I've already read it twice and will likely read it again soon. The Crespo had some features I didn't care for -- I particularly disliked all the talk of Epicurean "therapy" -- but I thought the chapter on the four remedies was quite good. The Dimitriadis has its moments for me.

I have put Tim O'Keefe's book on hold at the library, simply because Emily Austin recommends it in her book, and I plan to finally read a translation of Lucretius. But what else should I try?