

"Self Help Is Like a Vaccine" by Bryan Caplan

Post by "Cassius" of October 9, 2024 at 3:06 PM

[Quote from Cleveland Okie](#)

This is an interesting discussion, but I still wonder what can be done to bring Epicureanism to the attention of more people, so that they at least have the opportunity to find out about it. Should I try to create and post Epicurean memes on social media? Should I launch an Epicurean blog somewhere? (I ran a search for "Epicurean" to see if there are any such blogs on Substack, and all of the ones I could find with the word "Epicurean" in the title were food blogs!)

I think that one of the best things that anyone can do, and for themselves as much as for other people, is to create new content. Blogs if you are more writer than graphics designer, memes/graphics/artwork if you have artistic talent, music if you have musical talent, etc. It helps not only crystalize things in your own mind, but it's surely the best way to work to introduce others to Epicurus. Once they get introduced through an initial article or artwork or meme, we can introduce them to the rest of the "network" and they can pursue the parts that interest them most.

But most of all we need that initial introduction to new people, and everyone can help with that.

If I have a friend whose interested in politics I try to introduce them to Jefferson's views on Epicurus, or Nietzsche's, or someone else that they can connect with.

If they are into history there is Greenblatt's book on the swerve, or if they might be interested in Frances Wright for historical or female-connection or other reason, there's "A Few Days In Athens," which I think is highly underrated.

If they're into poetry there's of course Lucretius from a poetry angle, but I suspect that going to deep on first approach is not a good idea. It seems to me what is most likely to work most often is to provide the individual target person or target audience with a "connection" so that they will see that someone else they admire holds Epicurus in high esteem.