

Lecture on practical application of Epicureanism

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Just to note, Lampe is author of *The Birth of Hedonism: The Cyrenaic Philosophers and Pleasure as a Way of Life*, which I read.

One of the interesting things that I recall is that, on what are often taken to be the major differences between the Cyrenaics and the Epicureans - i.e., the Cyrenaics' emphasis on physical, as opposed to mental, pleasures; and a strict “presentism,” as opposed to including future considerations in building a life of *eudaimonia* - Lampe argues that, although they are differences, they are more differences of degree than of substance. For the rest, ask me no questions! 😊 😄