

# Episode One Hundred Thirty-Four - The Letter to Menoecus 01- Context and Opening of the Letter

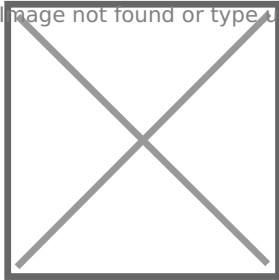
Post by "Don" of December 6, 2024 at 6:19 AM

[Quote from GnothiSeauton](#)

This is a fabulous podcast and post discussion. It helps put into context what happiness is. Thank you. I'll be playing this podcast for our philosophy group next Thursday.

Given the topic of this episode, you may be interested in my deep dive into the letter:

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[Epicurus's Letter to Menoikeus - A New Translation with Commentary - Epicureanfriends.com](https://www.epicureanfriends.com/thread/2618-episode-one-hundred-thirty-four-the-letter-to-menoecus-01-context-and-opening-o/?postID=33252#post33252)

An in-depth translation and commentary of Epicurus's Letter to Menoikeus.

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