

Episode 264 - "Bread and Water!!?? Debunking The Myth of Epicurean Asceticism"

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Welcome to Episode 264 of Lucretius Today. This is a podcast dedicated to the poet Lucretius, who wrote "On The Nature of Things," the most complete presentation of Epicurean philosophy left to us from the ancient world.

Each week we walk you through the Epicurean texts, and we discuss how Epicurean philosophy can apply to you today. If you find the Epicurean worldview attractive, we invite you to join us in the study of Epicurus at EpicureanFriends.com, where we discuss this and all of our podcast episodes.

This week we have a special episode in which our podcaster co-host Don will give a talk entitled "Bread and Water - Debunking the Myth of Epicurean Asceticism." This talk was given on January 19, 2025, as part of our first EpicureanFriends Livestream. We'll link the slideshow presentation in the show notes to this episode, but you can view it anytime at EpicureanFriends.com by clicking on the "Featured Videos" link at the top of our website.

At the same location we also have a link to Don's video on "Where Was the Garden of Epicurus? Isolated, or Near the Center of Things?" In that talk, just as in this new Bread and Water talk, Don debunks myths that have grown up around Epicurean philosophy, mistakenly labeling the ancient Epicureans as isolationist and ascetic. Don does great work and we're proud to have him as a part of our podcast family.

Next week we'll be back with a regular Lucretius Today episode. Until then, enjoy Don on the topic "Bread and Water? Debunking the Myth of Epicurean Asceticism"

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