

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

**Post by "Cassius" of January 22, 2025 at 2:25 PM**

We're about to release this special episode of Lucretius Today, with Don's talk on the myth of Epicurean asceticism. I'm pleased with this format and think you'll enjoy it. It works well to have a shorter format on a single topic, and we'll do more of these in the future. These are a good complement to our longer-format shows on key doctrines of Epicurus that we are in the process of preparing now.

And after this episode Don may be forever-after known as "The Great Debunker!"