

Overview & Syllabus: "Introduction to the Philosophy of Epicurus" (Self-paced Course)

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The Philosophy of Epicurus: A Self-paced 7-week Course (work-in-progress)

- **Overview:** Join us for a self-paced seven week study course on the philosophy of Epicurus. This program will introduce you to the basics of the [classical Epicurean philosophy](#) and provide opportunities for contemplation and guidance for practical applications of the philosophy to modern life. Epicurus presents a worldview which answers existential questions such as: What is the nature of the world? What is the nature of the soul? How do we make choices in our lives when a creator god is not involved in the world?

The philosophy of Epicurus shows how [pleasure is the guide of life](#) and gives guidance for living the most complete life possible. By understanding the limits of both pleasure and pain, and how to overcome the fear of death, the mind becomes clear and open to living fully. Through the understanding of what is natural and necessary, what is natural and but not necessarily needed, and what is merely empty opinion, the proper prudence to make wise choices and avoidances result in more pleasure and less pain. The philosophy of Epicurus leads us to live the best life - a healthy mind in a health body - surrounded by friends and supported by sufficiency.