

# Welcome Ufilas!

**Post by “Ufilas” of June 27, 2025 at 6:28 AM**

Hello all,

Greetings from New Zealand!

My knowledge of Epicurus comes from reading "The Art of Happiness" (Penguin) which contains the main surviving Epicurean texts, Lucretius, and John Sellars' "The Fourfold Remedy".

My philosophical journey has encompassed Buddhism, Christianity and Humanism to name the main 'schools'. But I've known Epicurus for a long time and found his philosophy to be very natural and humane, in a way combining the best features of those three.

I am really here to explore and discover new ways of thinking, as well as deepening my knowledge of Epicurean thought and history.