

Welcome Sam_Qwerty!

Post by "Cassius" of July 30, 2025 at 11:21 PM

[Quote from Sam_Qwerty](#)

Thanks for all the welcome messages. Would I be correct in saying that the gist of Epicureanism is that we live in a physical universe. This present life is all we have. Therefore any happiness we will ever have will be experienced in this life. And the key to happiness is to experience pleasure.

I think that's a good summary, but with maybe the next thought afterwards - which some find difficult - being that pleasure is something to be understood broadly, not limited to external stimulation, and that there is great pleasure to be found in many aspects of life which are difficult to appreciate fully without a coherent philosophy such as Epicurus provides.