

# Welcome Sam\_Qwerty!

**Post by “Adrastus” of July 31, 2025 at 11:22 AM**

I would also submit that Emily Austin's is indeed the best intro *book*. I recommend and give away copies to friends and amiable family as often as I pique interest in it. But you, good stranger, have the advantage as you have found the community, and I have found the Epicurean community forums and content to be of utmost importance not just in understanding the philosophy, but in thinking with the canon, or "doing" the philosophy. As well as, invaluable minutiae of ancient contexts combing through the extant material. The write ups, discussions, and a knowledgable community to engage with your own items of inquiry, and heck, even some of the meme content around here are really good at getting a more organic picture from many more types of discourse and presentation to engage with to apprehend Epicurean Philosophy well enough to glean the fruits during your stay in the Epicurean Garden.