

# What is Virtue and what aspects of Virtue does an Epicurean cultivate?

Post by “Matteng” of August 29, 2025 at 4:09 PM

Hirams Essays on Epicurean Virtue are so good, I come many time back to him when this subject confuses me or Stoics try to convinced about their view:

[On Epicurean Virtue | Society of Friends of Epicurus](#)

[Dialogue On Virtue | Society of Friends of Epicurus](#)

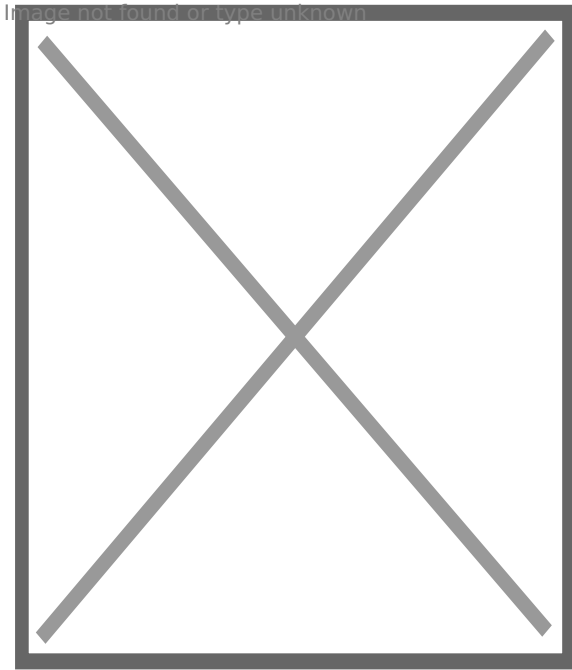
[Philodemus' Method of Studying and Cultivating the Virtues | Society of Friends of Epicurus](#)

But how to grow Virtue and the Pleasant Life in a good way ?

What I read from the Epicurean texts:

-> Improve Prudence:

- Sober Reasoning
- Hedonic Calculus
- Reflection of Desires / Values
- Eleminating unnecessary fears/ pain ( with a realistic world view )
- Train to Endure Pains/ Fears for greater Pleasure / reducing greater Pain/Fears
- Try active to be more other regarding / altruistic ( philia/friendship ) but in a prudent way.
- In best case everyone is your friend but that is not possible in this world, here live psychopaths and humans with harmful dispositions, there is no natural law, cosmopolitism or human rights who protect you. So justice is prudent and sometimes to avoid people or protect from them:



[John Allen Chau - Wikipedia](#)

[en.m.wikipedia.org](https://en.m.wikipedia.org)

Reminds me on the Epictetus quote for Epicurus: "Be not deceived; be not seduced and mistaken. There is no natural tie between reasonable beings. Believe me. Those who say otherwise mislead and impose upon you"