

# Welcome Wbernys!

Post by “Don” of October 7, 2025 at 10:32 PM

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My favorite part of Epicureanism is probably the Tetra pharmakos "Fourfold Cure" (I know Cassian expressed a dislike for it, but I myself consider it to be a nice summary of Epicurean philosophy).

I completely agree with you on having an affinity for the Tetracharmakos. I like that it is a documented connection to the ancient Epicurean community. Granted, it's not clear from Philodemus' work if he was approving or disapproving of its use, but there's no doubt that it was being used in Epicurean communities as the philosophy distilled down to one of its smallest summaries.