

Welcome Zarathustra!

Post by “Zarathustra” of October 16, 2025 at 11:24 AM

Good day everyone,

Thank you for the introduction Cassius, and thank you for letting me join the group. As Cassius mentioned my interest in Epicureanism started when I had to write a book chapter for an edited volume titled the Oxford Handbook of Philosophy as a Way of Life. My chapter was about the relationship between psychotherapy and philosophy as a way of life. In my research of the Hellenistic philosophies I had an opportunity to read more about Epicureanism. There are several aspects of this philosophy that I find of interest (1) the notion of the Epicurean garden (and philosophical friendship) (2) Nietzsche's relationship to Epicureanism (3) its view of supernatural beliefs and absolute virtues. Out of all the various philosophies and philosophers that have promoted the notion of philosophy as a way of life I seem to feel the most affinity for Epicurean philosophy. So I am here to learn more from others, thank you.