

Welcome MarkJW

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Thank you all! It's great to see some familiar names from the Lucretius Today podcast, which was how I found out about the Epicurean Friends Forum.

I wanted to thank you for all your work on the podcast, and especially for Episode 291 (Epicurus Pushes Back Against 'Expect The Worst And You'll Never Be Disappointed'). As someone who has struggled with unhelpful rumination and worry, it was an enlightening experience to hear the podcast team discussing the views of ancient philosophers like the Cyrenaics who genuinely argued that rumination and worry are the key to the good life - and to hear the team take down those arguments so effectively with Epicurean philosophy (which so often feels like a breath of fresh air).

Since then, I can feel that my tendency to ruminate has lessened - as it feels less like something powerful that needs to be resisted, and more like a well-meaning but deeply mistaken debating partner whose arguments and underlying assumptions about life cannot be taken seriously. This is yet another example of how powerfully therapeutic Epicureanism and the study of philosophical debate can be.