

Welcome Stas!

Post by “wbernys” of May 2, 2026 at 3:45 PM

Welcome [Stas](#)! Good to have a non-American buddy on here. For practical living the best one I could always recommend is Emily A. Austin's "living for pleasure", you could possibly translate it using Kindle if no version in your own language is available. I imagine there are Russian/Ukrainian versions of Epicurus Letter to Menoeceus and Vatican Sayings though.

It is indeed sad how little of Epicurus work remains, but thankfully not so little we can't appreciate his wisdom.