

Crespo (Hiram) - "Tending the Epicurean Garden"

Post by "Hiram" of May 18, 2015 at 11:45 AM

[Tending the Epicurean Garden](#) is available from amazon and can also be purchased directly from [Humanist Press](#) which, by the way, also made available WH Mallock's [Lucretius on Life and Death](#) available as a free companion to it.

Book Reviews

By [Michael Fontaine](#), a Cornell University classicist, written for [The Humanist](#), a publication of the [American Humanist Association](#)

By [David Tamayo](#), of [Hispanic American Freethinkers](#)

By [Rick Heller](#), written for [secularbuddhism.org](#)

By [Alan Furth \(en español\)](#) for the Las Indias blog

[NewEpicurean.com](#) review by Cassius Amicus

[Balance Pleasure and Structure?](#), from the Brian Beholds blog

Reviewer Feedback

In Tending the Epicurean Garden Crespo has given all of us a way to think about how we live—our choices, abilities, appetites, freedoms, and responsibilities. He distills the relevant scholarship on Epicureanism in a succinct and unassuming way.

Michael Fontaine, for [The Humanist](#)

Hiram Crespo has done a masterful job in describing the teachings of Epicurus and making them relevant to modern life ... "Tending the Epicurean Garden" is a breath of fresh air if, like me, you have tried to read the dull prose of some professional philosophers.

Robert and Martha Hanrott, of the [Epicurus blog](#)

This is one of the few absolutely pro-Epicurean books to have been written in the last several hundred years ... One can read this book without any knowledge at all of the history or doctrine of Epicurus, because the author provides a good measure of both history and teachings in the course of the book ... Hopefully there will be more to come from the same author.

Cassius Amicus, of [newepicurean.com](#)

This brilliant book may certainly be the first of its kind. There are many academic introductions to Ancient Philosophy out there, just as there are countless self-help books often drawing on various spiritual or esoteric traditions. Crespo's book is a bit of both ... A highly educational and enjoyable read!

Sasha Euler, ethics professor

The more I understand Epicurus the more affinity I feel. This is rare. This guy was sticking it to the superstitious and flipping off the pretentious philosophers consumed with metaphysical nonsense. He sounds like the Christopher Hitchens of the ancient world! Don't fear God! Don't fear death! Trust your senses for that is how most knowledge is acquired. Have a few good friends. Concern yourself with what you can control. Find ways to minimize emotional and physical suffering and maximize pleasure with the checks and balances of natural consequences. What's not to love? Hiram Crespo, I loved your book! Deeply provocative!

Eric Sherman, reader

Hiram Crespo's book "Tending the Epicurean Garden" is a concise and wholesome presentation of Epicurean philosophy, which I very much enjoyed reading ... The basics of Epicurean philosophy is presented in a simple, user-friendly, narrative way but at the same time, when needed, it is corroborated by current scientific findings and it is paralleled correspondingly with other similar concepts from various schools of thought and cultures of Europe, Asia, the Americas and Africa.

Christos Yapijakis, member of the Athens Garden

The book presents complex material, clearly written ... Secular Buddhists can clearly benefit from allowing another stream of ancient wisdom to flow into this emerging project of seeking abiding tranquility and the end of suffering.

Rick Heller, co-founder of the Humanist Mindfulness Group and contributor to secularbuddhism.org

El libro es una resumida pero muy completa introducción a los principios básicos y la práctica del epicureísmo. Pero también brinda una interesante interpretación de las enseñanzas de Epicuro desde el punto de vista de la psicología positiva, la neurociencia y otras disciplinas científicas que hoy en día corroboran gran parte del legado del maestro.

Alan Furth, [Las Indias](#) blogger