

Managing Expectations In The Study of Epicurus

Post by “Don” of May 9, 2020 at 12:44 PM

Thanks for the comments, [Cassius](#) . And I don't see any major differences of opinion here 😊

On the cookbook idea, my favorite most inviting cookbooks include the following:

- Step by step directions of recipes
- Nice full color pictures to show you what the dish is supposed to look like
- Interesting prose interspersed to share background of the dishes, cultural history, or personal experiences of where the dishes came from.

A cookbook that can be browsed, simply read for enjoyment, and used in the kitchen is a winner in my book (pun intended)

Now, how this translates into an "Epicurean Cookbook for Life" is another conversation. Hmm...

- Summaries of philosophy in bite sized chunks (recipes)?
- Artwork that exemplifies Epicurean tenets?
- Short background readings of biographies, real-like applications of EP, the Tetracharmakos, etc.

Just off the top of my head here.