

A "Daily Epicurean"?

Post by "A_Gardner" of December 26, 2021 at 3:00 PM

A belated Merry Christmas to everyone!

I'm unable to be as active as i would like due to a very hectic schedule, but I still try to pop in from time to time to catch up on the latest developments and discussions.

While preparing for the New Year, I came across my copy of *The Daily Stoic* by Ryan Holiday. I really enjoyed the bite sized approach and almost meditative quality of the writing, with something from Stoicism to reflect on daily.

This got me to wondering, is there anything of the sort for Epicureanism?

One could say, choose from one of the sources on here or even further break that down into singular quotes and pieces to reflect on for the day, and I believe many of us have. But is there an officially published book such as this or similar however?

May your New Year be filled with pleasure!

Post by "Cassius" of December 26, 2021 at 3:25 PM

It's an idea that has been discussed often before but - to my knowledge - no one has ever implemented.

Glad to see you back - drop in anytime!

Post by "Don" of December 26, 2021 at 3:34 PM

[A Gardner](#) , I've wanted to do exactly that for a couple years now. I even tried to compile 366 individual quotes. It wasn't easy. 😊 I found myself leaning on "contemporary" Epicurean themed writings, etc.

This might actually be a good cooperative project to come up with 366 suitable quotes.

Post by “Cassius” of December 26, 2021 at 4:02 PM

Yes it would, with the goal of *not* relying on quotes outside the "canonical" texts. I am pretty sure especially if we did it by collaboration that that would be very doable, and the main question would be what organization, if any, to give to it.

Post by “Godfrey” of December 26, 2021 at 5:13 PM

Lucretius would be a very rich source of quotes in addition to Epicurus.

Post by “Don” of December 26, 2021 at 7:08 PM

40 [Principal Doctrines](#)

~60 unique Vatican Sayings

[Epicurus: Fragments - translation](#)

Attalus's site lists Usener's 607 citations but I'm not sure how many of those would work.

Definitely agree with [Godfrey](#) that Lucretius should be represented. I would add quotes from the works of Philodemus as well as Hermarchus and Metrodorus where those are extant. It might be nice to add the classical mention of Themista even though we don't have her writings.

Just thinking off the top of my head here.

Post by “Don” of December 26, 2021 at 7:50 PM

Plus would we want any Jefferson, Gassendi, DeWitt, etc?

Post by “Godfrey” of December 26, 2021 at 8:38 PM

Maybe they're in Volume 2 😊

Post by “Don” of December 26, 2021 at 10:05 PM

[Quote from Godfrey](#)

Maybe they're in Volume 2 😊

I applaud your optimism 😊👍

Post by “Cassius” of December 26, 2021 at 10:24 PM

You guys are funny 😊

By the time we combine DL with Lucretius and with Torquatus and with Oinoanda and with Seneca's Epicurean quotes and with Plutarch and Philodemus we should be looking at two or three years! 😊

Post by “A_Gardner” of December 27, 2021 at 9:42 AM

I'm loving the potential I'm seeing in this thread! So while there may not be such a book currently, there is most certainly the material for one, or even several.

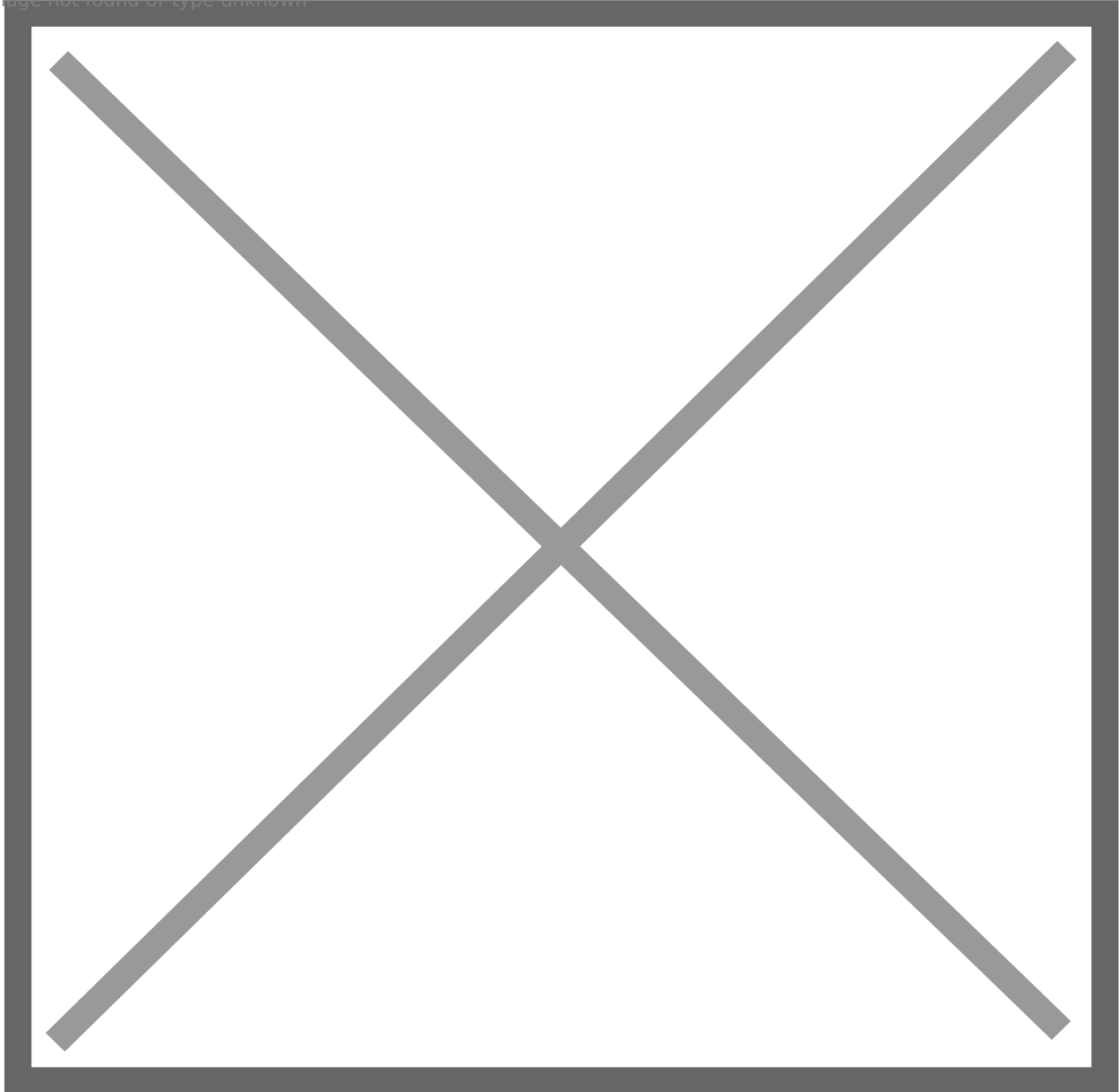
If such a project does begin to manifest, please let me know. I hope to be less of a stranger this year and this sounds like a project to contribute towards.

Post by "Cassius" of December 27, 2021 at 10:12 AM

It seems likely that this project would lend itself toward setting up a Google Doc (where multiple shared editing is easier) and the next issue would be that of setting up a format.

Just as a very quick place to brainstorm:

Image not found or type unknown



[The Daily Epicurean](#)

January February March April May June July August September October November December
docs.google.com

(this is currently set to anyone with the link can comment, but if we actually get started then those who really want to work on it can be added as full editors)

Post by “Godfrey” of December 27, 2021 at 11:04 AM

It might be better to set it up by sources (Pads, letters, DRN &c) instead of months, at least for the collecting of quotations. Then once there are 365 or more they could be sorted into months. This should make it easier to avoid duplicates.

Also, would this need to be older sources that are out of copyright? Newer translations might be more relatable as long as using them doesn't create copyright issues.

Post by “Don” of December 27, 2021 at 12:55 PM

[Quote from Godfrey](#)

It might be better to set it up by sources (Pads, letters, DRN &c) instead of months, at least for the collecting of quotations. Then once there are 365 or more they could be sorted into months. This should make it easier to avoid duplicates.

Agreed.

[Quote from Godfrey](#)

Also, would this need to be older sources that are out of copyright? Newer translations might be more relatable as long as using them doesn't create copyright issues.

Public domain (1926 and older) would be best to avoid any unnecessary entanglements, but I think we could make a fair use argument for in copyright works for educational purposes as long as we weren't selling the "calendar." Once there's an economic angle, then it gets tricky.

Post by “Marco” of December 27, 2021 at 1:05 PM

Years ago I had the book of the Daily Stoic. After a few weeks, I stopped using it because the topics on that day don't match what was happening in my life. A 'daily epicurean' is a good idea, but I would then bundle the topics around themes. This way it becomes a reference book that you can use when something happens in your life. I am thinking of themes such as spring, pleasure, friends, the death of a loved one, romantic love, coincidence, the universe. If something happens about the theme of the universe (James Webb) you can read it. Even if it happens at a different time of the year.

Googel translate.

Post by "Don" of December 27, 2021 at 1:08 PM

I like the idea of just having 366 quotes not pegged to specific days plus I like [Marco](#) 's idea of themes.

Post by "Marco" of December 28, 2021 at 4:32 AM

Cassius' five pointed stars could be used as themes.