

John Sellars The Pocket Epicurean (US) / The Fourfold Remedy (UK)

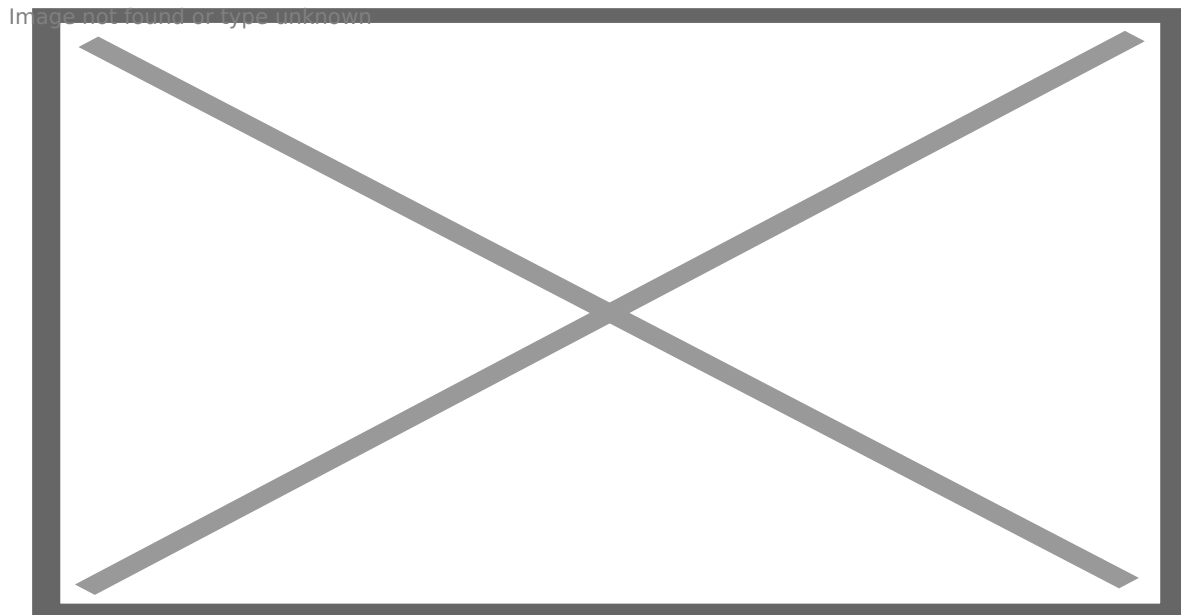
Post by “Kguilfoy” of March 5, 2023 at 10:03 AM

John Sellars usually writes about Stoicism but he has a new book about Epicureanism. I think it is supposed to be a companion to his "The Pocket Stoic (US)/ Lessons in Stoicism (UK)"

I just ordered a copy. I'll check back in after I read it. John's books on Stoicism are very good, so I have hope.

[Amazon link](#)

Post by “Don” of March 5, 2023 at 10:27 AM



[The Pocket Epicurean](#)

The Pocket Epicurean

www.amazon.com

Quote

Product Description

A short, smart guide to living the good life through the teachings of Epicurus.

As long as there has been human life, we've searched for what it means to be happy. More than two thousand years ago, the Greek philosopher Epicurus came to his own conclusion: all we really want in life is pleasure. Though today we tend to associate the word "Epicurean" with indulgence in the form of food and wine, the philosophy of Epicurus was about a life well lived even in the hardest of times. As John Sellars shows in this concise, approachable guide, the ideal life envisioned by Epicurus and his followers was a life much more concerned with mental pleasures and the avoidance of pain. Their goal, in short, was a life of tranquility or contentment.

In *The Pocket Epicurean* Sellars walks us through the history of Epicureanism, starting with the private garden on the edge of ancient Athens where Epicurus and his students lived in the fourth century BC, and where women were as welcome as men. Sellars then moves on to ancient Rome, where Epicurean influence flourished thanks to the poet Lucretius and his cohort. Throughout the book, Sellars draws on the ideas of Epicurus to offer a constructive way of thinking about the pleasures of friendship and our place in the world.

Review

"I recommend Sellars's book to anyone who wants a short, plainly stated introduction to Epicurus's primarily ethical thought. . . . For someone with this desire, I know of no book more suitable than Sellars's *The Pocket Epicurean*." — Metascience

"Lucid and scholarly." — Independent, on the UK Edition

"Sellars expertly expounds Epicurean ideas. . . . and he knows the Greek and Latin Epicurean texts thoroughly." — Guardian, on the UK Edition

"Not only an excellent introduction to the history of Epicurean philosophy, but also a helpful guide to facing the manifold anxieties of modern life."

— The Idler, on the UK edition

"In this brief and eloquent book, Sellars takes us through the basic arguments of Epicureanism with wonderful clarity, distilling the essence of an ancient philosophy that speaks with increasing urgency to our troubled times. It is an exemplary guide, and I recommend it enthusiastically to readers of all ages and all walks of life." -- David Konstan, New York University

"By the end of the volume, one has a good sense both of the importance of Epicureanism in the Hellenistic and Roman eras, its primary goals, and the ways in which one could still effectively apply Epicurean ideas to one's own modus vivendi."

— Bryn Mawr Classical Review

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