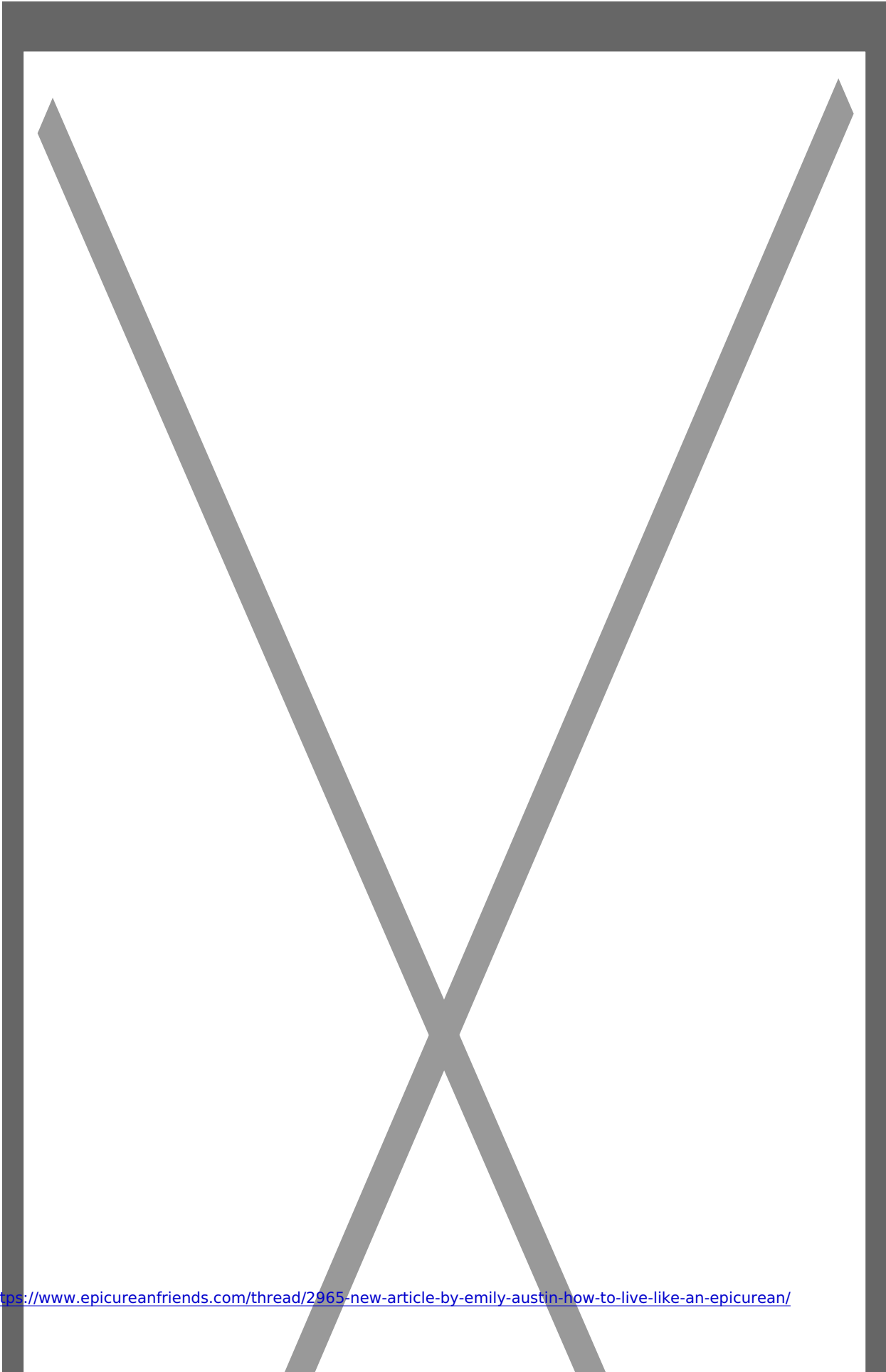


New Article By Emily Austin - "How To Live Like An Epicurean"

Post by "Cassius" of March 22, 2023 at 12:11 PM

Just released - haven't read - but I am sure it will be good:

Image not found or type unknown



[How to live like an Epicurean | Psyche Guides](#)

Forget shallow hedonism. Follow this philosophy for wondrous, unexpected joys and resilience against inevitable misfortune

psyche.co

Post by “Pacatus” of March 22, 2023 at 3:58 PM

I note that, under the heading "Links and Books" she provides a link to this site, with the comment: "A wealth of open-access Epicurean texts and resources are available at EpicureanFriends.com, an [online](#) community committed to Epicurean study and practice. The materials are open to all, but posting to message boards requires a free registration and commitment to shared purpose and norms of civility." Cool!

Post by “Cassius” of March 22, 2023 at 5:11 PM

Yes we should all be greatly appreciative of her for that plug! Combined with the recent interview with Dr. Glidden, which I think is also getting some circulation, we will likely get at least a small rush of new participants, so let's all try to welcome them as possible.

Post by “Cassius” of March 23, 2023 at 6:06 AM

Reading it now and it is a great article! I hope at some point we can get Psyche magazine to correct what appears to be a typo right in the middle of a critically important passage. Probably the "and" should be dropped where I highlighted in red, or "but neither" substituted?

Tranquility, though, is not the only pleasure worth enjoying, even if it is all we strictly need for satisfaction in times of scarcity or distress. Epicurus was no wanton profligate, and nor was he a promoter of radical asceticism, a hedonist in name only. While Epicurus thinks we can readily maintain tranquility when circumstances limit us to the necessities, he encourages us to pursue and savour opportunities for joyful pleasure when circumstances allow. In fact, he thinks a baseline appreciation of having all we need allows us to appreciate extravagances more than other people. As he puts it, 'those who least need extravagance enjoy it most.'

Post by "Cassius" of March 23, 2023 at 6:31 AM

Just finished the full article. It's a summary and refinement of her book, very well presented, and the format at Psyche magazine really enhances the total look of the presentation. We owe a great debt to Dr. Austin too for not only highlighting EpicureanFriends.com but also including a link to her interview with us on Lucretius Today.

Dr. Austin is simply one of the best - and probably THE best - writers on Epicurus today. Not only does she have a superior way with words, she doesn't back away and hits hard on the point that few others are even willing to touch: that Epicurus promoted both tranquility AND pleasure.

Post by "Eoghan Gardiner" of May 30, 2023 at 7:05 AM

Thanks for this, reading through her book it's great. I especially loved how she pointed out how ancient Stoics would think neo stoics are quite silly for having the belief about Virtue seeing as they don't hold the same view of the universe (I might have heard her say that in the interview you guys did with her, I can't remember)

Post by "Cassius" of May 30, 2023 at 7:34 AM

Great to hear from you Eoghan! Hope you are doing well!