

"Living for Pleasure" Book Study Group - Starting April 30, 2023 - Via Zoom

Post by "Kalosyni" of March 31, 2023 at 3:10 PM

Hi Everyone,

We are starting up a new book study group on Emily Austin's book: "Living for Pleasure: an Epicurean Guide to Life" - via Zoom.

This is open to all forum members -- and -- it will be especially geared for newer members who are just starting out in their study of Epicurean philosophy.

Epicurean Philosophy

Book Study Group - Via Zoom

living for
pleasure

*an epicurean
guide to life*

Emily A. Austin

Sundays - 8:30pm ET
Starts April 30th
and runs for 6 weeks

Open to all forum members
sign up required

We will discuss
four chapters per week
discussion questions provided



We will discuss 4 chapters per meeting which will take a total of 6 weeks (since there are 24 chapters).

This is a heads up so that you can purchase your book in time for the first meeting.

Here is the Amazon link (for ease of reference):

<https://www.amazon.com/Living-Pleasure-Epicurean-Guide-Guides/dp/0197558321>

Martin, Cassius, and myself will be facilitating discussion.

The first four chapters are:

1. Maybe We're Doing It Wrong
2. Epicureanism, the Original Cast
3. Happiness, Theirs and Ours
4. Natural Hedonism

Please let us know if you are interested in attending by posting here in this thread. 😊

Post by “Onenski” of March 31, 2023 at 11:54 PM

I'm interested. I love that book 😊

Post by “TAC” of April 10, 2023 at 2:31 PM

I am interested.

Post by “Cassius” of April 10, 2023 at 2:34 PM

<https://www.epicureanfriends.com/thread/2991-living-for-pleasure-book-study-group-starting-april-30-2023-via-zoom/>

Thank you for posting TAC. Since you are brand new here can you please tell us a little about your background and interest in Epicurus in the welcome thread for you here:

Thread

[Welcome TAC](#)

Welcome @TAC

Note: In order to minimize spam registrations, all new registrants must respond in this thread to this welcome message within 72 hours of its posting, or their account is subject to deletion. All that is required is a "Hello!" but of course we hope you will introduce yourself -- tell us a little about yourself and what prompted your interest in Epicureanism -- and/or post a question.

This forum is the place for students of Epicurus to coordinate their studies and work together to...



Cassius

April 10, 2023 at 2:29 PM

Post by “Cleveland Okie” of April 11, 2023 at 11:52 PM

I also plan to participate.

Post by “Kalosyni” of April 12, 2023 at 3:17 PM

Thank you [Onenski](#), @TAC, and [Cleveland Okie](#) for your response. This thread will be functioning as the sign-up for the meeting, so you are all now on the list. 😊

Anyone else who would like to attend please use this thread as an RSVP to let us know you would like to attend. We will send everyone a link to the Zoom meeting by private message on the day of the meeting.

I am aiming to post some discussion questions on the first four chapters next week (will post them here in this thread).

Post by “jdarraugh” of April 13, 2023 at 6:11 AM

I will attend.

Post by “TAC” of April 13, 2023 at 5:00 PM

I am no longer able to participate in this book study group.

Post by “Cassius” of April 13, 2023 at 5:39 PM

Thanks for letting us know TAC.

Post by “LateLearner” of April 13, 2023 at 10:41 PM

I am interested. I bought the book but haven't read it yet.

Post by “Kalosyni” of April 14, 2023 at 8:45 AM

[Quote from LateLearner](#)

I am interested. I bought the book but haven't read it yet.

Thanks [LateLearner](#) for your RSVP -- the first meeting will cover the first four chapters - 41 pages. Have you read any other books on Epicurean Philosophy or will this be your first? I am always interested to hear about any background regarding philosophy study or how you became interested in Epicurean philosophy?

Post by “TauPhi” of April 14, 2023 at 8:55 PM

I'll try to participate as well.

Post by “Kalosyni” of April 18, 2023 at 9:23 PM

I see another RSVP 😊 (thank you [TauPhi](#))

Update on our meeting agenda:

Originally I had the idea of listing a few discussion questions beforehand, but I am now thinking we will take a more open approach for discussion. (I'll have some back-up discussion ideas on-hand just in case).

The Zoom will run about a hour long, and our tentative agenda for the first meeting is as follows:

- 1) 8:30 - 8:40 - welcoming everyone, introducing the facilitators, and then going around letting everyone else introduce themselves (very brief/easy-going)
- 2) 8:40 - 9:10 - a brief explanation of what we hope to accomplish and the format of the meeting, followed by diving into a presentation (by Joshua, Martin, and myself) of an overview of the first four chapters.
- 3) 9:10 - 9:25 - open it up for discussion
- 4) 9:25 - prepare for closing and good-byes

You can find a list of the highlights which we will touch on here in this thread:

Thread

["Living for Pleasure" Book group - Chapter Highlights](#)

Living for Pleasure by Emily Austin - April 30th meeting

Chapters 1 - 4

Chapter 1 - Maybe We're Doing it Wrong

- Imagining the pleasure of a perfect vacation
- Hedonism at first glance seems like a recipe for following destructive impulses and "giving license to our failure of self-control", but Epicurus is different
- Feelings of shame can come up around natural bodily desires – we both need and want to have the freedom to enjoy what brings us pleasure
- Pleasure is a sweeping term that includes everything

...



Kalosyni

April 18, 2023 at 9:01 PM

Cassius will also be present as facilitator as well, especially during the questions and open discussion segment.

This will be a fun way to encounter the basic [foundations of Epicurean philosophy](#), and looking forward to seeing you all on April 30th. 😊

Post by “Kalosyni” of April 19, 2023 at 10:00 AM

Some great news!

Emily Austin will be able to join us for one of the sessions of the book study Zoom! It will potentially be on week 5 or 6 - so we'll be able to meet and and talk directly to the author!

Post by “LateLearner” of April 19, 2023 at 11:56 PM

I don't know how many groups I will be able to attend because of my work schedule, but I would like to attend some. I have the book and have a beginner's interest in the subject.

Post by “Kalosyni” of April 23, 2023 at 5:22 PM

One week from today -- on April 30th, we will start a **6-Week Long Book Review on "Living for Pleasure: an Epicurean Guide to Life" by Emily Austin -- Via Zoom.**

Epicurean Philosophy Book Study Group - Via Zoom

living for
pleasure

*an epicurean
guide to life*

Emily A. Austin

Sundays - 8:30pm ET
Starts April 30th - 6 weeks

Open to all
forum members
- Sign up required -

We will discuss four chapters
per week and Emily Austin
will join us on week 6.



We've had a number of sign-ups already.

If you've thought of attending and have not yet let us know, now is the time to RSVP here in this thread.

Looking forward to meeting you all soon. We will be sending out the Zoom link by private message the day before the meeting.

Post by “Kalosyni” of May 1, 2023 at 8:37 PM

I want to thank all who showed up last night to our first book review meeting for Emily Austin's "Living for Pleasure". We had a total of seven attendees.

The group is still open, for any forum members who would like to join the group, just let us know here if you are interested...next meeting is Sunday, May 7th at 8:30 pm Eastern Time.

Post by “Don” of May 1, 2023 at 10:43 PM

Coming from the world of planning library programs, 7 is great! I would be thrilled with that number of attendees at a book discussion. Congratulations!

Post by “jdarraugh” of May 2, 2023 at 10:02 AM

I apologize for not keeping my promise to attend. I did have an important call from an oncologist. I have been thoroughly enjoying the book and am getting quite a bit to think about. I will see you on Sunday.

Post by “Kalosyni” of May 2, 2023 at 11:10 AM

[jdarraugh](#) -- Thanks for letting us know, and looking forward to seeing you at the next meeting.



Post by “Kalosyni” of May 10, 2023 at 10:24 AM

We will keep an open group for the "Living for Pleasure" book review and discussion via Zoom, for all forum members - so you can still drop into to the next meeting even if you haven't yet attended. Just let us know if you are interested here in this thread.

This next Sunday at 8:30pm ET - May 14th we will be covering chapters 9, 10, 11, and 12, and I will be presenting a few of the highlights.

Post by “LateLearner” of May 12, 2023 at 5:10 PM

I work in a restaurant on most Sunday nights. My schedule changes week to week. I hope I can attend one or two. Thanks for organizing this.

Post by “Kalosyni” of May 20, 2023 at 9:56 AM

"Living for Pleasure" book review continues tomorrow (Sunday night) at 8:30 pm ET -- we will cover chapters 13 - 16:

- 13. Ambition, Work, and Success
- 14. Greed for Life
- 15. Misfortune and Resilience
- 16. Of Sex, Love, and Harmless Pleasure

This Zoom group is open to all forum members -- and open even if you haven't attended the previous weeks -- just let us know here in this thread if you are interested, and then we can get the further meeting info to you in a private forum message.

Post by “jdarraugh” of May 21, 2023 at 9:18 AM

I will do my best to at least listen in. I have sleep apnea and may not be able to last the entire time.

I can't wait to meet someone who is living the life.

Post by “Lowri834” of May 22, 2023 at 10:26 PM

I have conflicts that make it hard to make the Sunday zooms but I try to read the notes and some of the forum. I did notice that now that I'm aware of Epicurus, that even as a newbie, I am noticing it in culture and in my life. I wanted to share one video I saw, youtube channel, Hank Green, vlogbrothers - Title - So, I've got cancer, @ 9:25 Hank talks about friendship in a very epicurean way that I found inspiring about needing friends and being a friend and is worth looking up.

Spoiler - Hank has a very treatable form of cancer and expects to make a full recovery.

Post by “Don” of May 22, 2023 at 10:41 PM

Thanks, [Lowri834](#) , I just saw Green's video over the weekend. For those curious:

<https://youtu.be/x6a4hMyiwBo>

[Quote from Lowri834](#)

I did notice that now that I'm aware of Epicurus, that even as a newbie, I am noticing it in culture and in my life.

Agreed. Epicurean ideas are far more prevalent in culture than people realize, from science to psychology to "common sense." People just aren't aware of them.

Post by “Kalosyni” of May 25, 2023 at 8:53 PM

Epicurean Philosophy Book Study Group - Via Zoom

living for
pleasure
*an epicurean
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Emily A. Austin

June 4th, 2023

8:30pm ET

- Sign up required -

Meet the author!

Q and A

with

Emily Austin



June 4th at 8:30pm ET will be an opportunity to meet author Emily Austin! And we will have a Q&A session!

<https://www.epicureanfriends.com/thread/2991-living-for-pleasure-book-study-group-starting-april-30-2023-via-zoom/>

This is open to all forum members regardless of previous book review attendance.

So mark your calendars! And let us know if you are interested in attending -- forum members please post here if you are interesting in attending and we will get the Zoom link to you by private forum message.

Note: For previous book review attendees, we will use the same Zoom link as previous weeks.

(For ongoing attendees: the May 28th meeting will cover chapters 17 - 24).

Post by “Godfrey” of May 25, 2023 at 9:11 PM

I'd like to attend.

Post by “Kalosyni” of May 25, 2023 at 9:50 PM

[Quote from Godfrey](#)

I'd like to attend.

[Godfrey](#), Thanks for the RSVP! -- your name is included the private conversation with the Zoom link, so you should have access to the link -- and we will send out a message as a reminder as the event approaches.

Post by “Don” of May 25, 2023 at 10:26 PM

Sign me up too please. 😊

Post by “Kalosyni” of May 26, 2023 at 10:02 AM

<https://www.epicureanfriends.com/thread/2991-living-for-pleasure-book-study-group-starting-april-30-2023-via-zoom/>

[Quote from Don](#)

Sign me up too please. 😊

👍 👍 Okay, Thanks [Don](#)!

Post by “Cassius” of May 26, 2023 at 11:05 AM

In order for us to handle the Q&A with Dr. Austin efficiently, it would be good to have a list of prepared questions that Kalosyni or other moderators of the discussion can use to start everything off.

We will compile a list such as (for example only):

- 1 - If you were writing the book over again today, would you change anything?
 - 2 - What plans do you have for future writing on Epicurus?
-

Post by “Don” of May 26, 2023 at 2:35 PM

If there s Chat feature in the interface for people to submit questions during the program?

Post by “Kalosyni” of May 26, 2023 at 4:07 PM

Yes, Zoom has a chat interface -- *Edit* -- we would like questions submitted ahead of time.

Post by “Kalosyni” of May 26, 2023 at 4:15 PM

Update For May 28th -- we will cover the last 8 chapters because we would like to devote the entire session on June 4th to the Q&A with Emily Austin. -- [Onenski](#), [Cleveland Okie](#), [TauPhi](#) that will give us a lot to cover but I think we can do it just fine. 😊

Update For June 4th -- "Meet the Author" -- We would like to have people submit questions ahead of time, and then the moderator will ask Emily Austin the questions. So please go ahead and post all questions in [the new thread we created](#).

Post by “Cassius” of May 26, 2023 at 4:20 PM

Let's use THIS thread of Kalosyni's to accumulate questions for Emily Austin:

Thread

[Questions for Emily Austin - "Living for Pleasure" Zoom Meeting June 4](#)

Let's use this thread to accumulate questions for Emily Austin. Everyone can post their questions here in this thread, and then as we go along we will update this post with the best questions and use it as a guide at the meeting.

Questions for Dr. Emily Austin: Well be coming from a slightly different vantage point compared to our previous interview on the Lucretius Today Podcast. We'd like to gear this interview for...



Kalosyni

May 26, 2023 at 4:15 PM

Post by “Cassius” of June 6, 2023 at 7:50 AM

Now that our book review is complete let me thank all who participated, and especially Emily Austin who joined in our final session. We'll plan a new program soon and we'll rotate back to "Living for Pleasure" in the future.

One comment I wanted to make about the discussion in the final session was a point that Godfrey raised. The question that he raised was rather it would be possibly more effective - at least in certain situations - to organize the presentation around "feeling" (feeling of pleasure and pain) rather than strictly and immediately pleasure.

I agree with that point and maybe Godfrey or I can start a new thread to extend it.

Cicero's taunt to Torquatus was that you can't go in front of the Senate and People as a leader and call for the pursuit of "pleasure," and I think one way of meeting that charge and actually doing so is to point out that what Epicurus was really advocating was the following of Nature - through the faculty of feeling pleasure and pain. I think at least as a rhetorical strategy that makes a lot of sense, and I read that into what Cassius Longinus was saying back to Cicero in his letters,. that the officers like himself and Pansa were following both pleasure and virtue (justice) in what they were doing, which is something that people can understand, when the call to "virtue" alone doesn't really mean anything understandable. The subtext is that the emotional attachment to what they were fighting for is the feeling of pleasure, properly understood, that can motivate just as easily, or more so, than the call to "virtue."

Post by “Patrikios” of October 13, 2024 at 4:08 PM

[Quote from Cassius](#)

Now that our book review is complete let me thank all who participated, and especially Emily Austin who joined in our final session. We'll plan a new program soon and we'll rotate back to "Living for Pleasure" in the future.

[Cassius](#) Is there a video or audio link of the June 4, 2023 discussion with Emily Austin? I have her book and I would be interested in the updated discussion. (I have listened to the 2 LT podcasts with Emily.)

Thanks for your in-depth knowledge ☺

Patrikios

Post by “Cassius” of October 13, 2024 at 6:49 PM

<https://www.epicureanfriends.com/thread/2991-living-for-pleasure-book-study-group-starting-april-30-2023-via-zoom/>

Patrikos unfortunately there is neither audio or video of that available. We opted not to record it so as to let the conversation flow as freely as possible. 😊 Thanks for asking though - I am hoping that we can do more with Emily Austin in the future.