

Welcome Buck23!

Post by "Cassius" of May 23, 2026 at 1:37 PM

Welcome [Buck23](#)

There is one last step to complete your registration:

All new registrants must post a response to this message here in this welcome thread (we do this in order to minimize spam registrations).

You must post your response within 24 hours, or your account will be subject to deletion.

Please say "Hello" by introducing yourself, tell us what prompted your interest in Epicureanism and which particular aspects of Epicureanism most interest you, and/or post a question.

This forum is the place for students of Epicurus to coordinate their studies and work together to promote the philosophy of Epicurus. Please remember that all posting here is subject to our [Community Standards and associated Terms of Use](#). Please be sure to read that document to understand our ground rules.

Please understand that the leaders of this forum are well aware that many fans of Epicurus may have sincerely-held views of what Epicurus taught that are incompatible with the purposes and standards of this forum. This forum is dedicated exclusively to the study and support of people who are committed to classical Epicurean views. As a result, this forum is not for people who seek to mix and match Epicurean views with positions that are inherently inconsistent with the core teachings of Epicurus.

All of us who are here have arrived at our respect for Epicurus after long journeys through other philosophies, and we do not demand of others what we were not able to do ourselves. Epicurean philosophy is very different from most other philosophies, and it takes time to understand how deep those differences really are. That's why we have membership levels here at the forum which allow for new participants to discuss and develop their own learning, but it's also why we have standards that will lead in some cases to arguments being limited, and even participants being removed, when the purposes of the community require it. Epicurean philosophy is not inherently democratic, or committed to unlimited free speech, or devoted to any other form of organization other than the pursuit of truth and happy living through pleasure as explained in the principles of Epicurean philosophy.

One way you can be assured of your time here will be productive is to tell us a little about yourself and your background in reading Epicurean texts. It would also be helpful if you could

tell us how you found this forum, and any particular areas of interest that you already have.

You can also check out our [Getting Started](#) page for ideas on how to use this website.

We have found over the years that there are a number of key texts and references which most all serious students of Epicurus will want to read and evaluate for themselves. Those include the following.

["Epicurus and His Philosophy"](#) by Norman DeWitt

[The Biography of Epicurus by Diogenes Laertius](#). This includes the surviving letters of Epicurus, including those to [Herodotus](#), [Pythocles](#), and [Menoceus](#).

["On The Nature of Things"](#) - by Lucretius (a poetic abridgement of Epicurus' "On Nature"

["Epicurus on Pleasure"](#) - By Boris [Nikolsky](#)

The chapters on Epicurus in [Gosling and Taylor's "The Greeks On Pleasure."](#)

[Cicero's "On Ends" - Torquatus Section](#)

[Cicero's "On The Nature of the Gods" - Velleius Section](#)

The Inscription of Diogenes of Oinoanda - [Martin Ferguson Smith translation](#)

[A Few Days In Athens" - Frances Wright](#)

Lucian Core Texts on Epicurus: (1) [Alexander the Oracle-Monger](#), (2) [Hermotimus](#)

[Philodemus "On Methods of Inference"](#) (De Lacy version, including his appendix on relationship of Epicurean canon to Aristotle and other Greeks)

"The Greeks on Pleasure" -Gosling & Taylor Sections on Epicurus, especially the [section on katastematic and kinetic pleasure](#) which explains why ultimately this distinction was not of great significance to Epicurus.

It is by no means essential or required that you have read these texts before participating in the forum, but your understanding of Epicurus will be much enhanced the more of these you have read. Feel free to join in on one or more of our conversation threads under various topics found throughout the forum, where you can to ask questions or to add in any of your insights as you study the Epicurean philosophy.

And time has also indicated to us that if you can find the time to read one book which will best explain [classical Epicurean philosophy](#), as opposed to most modern "eclectic" interpretations of Epicurus, that book is Norman DeWitt's Epicurus And His Philosophy.

(If you have any questions regarding the usage of the forum or finding info, please post any questions in this thread).

Welcome to the forum!

Not Neo-Epicurean, But Epicurean

1. Not "flourishing," "human potential," "self-actualization," or "meaningfulness," but happiness grounded in the feeling of pleasure.
2. Not "absence of pain" as a full statement of the goal of life, but "the Feelings are two, pleasure and pain" and "Pleasure is the beginning and the end of a happy life."
3. Not virtue for the sake of virtue, but virtue as instrumental for the attainment of pleasure.
4. Not "the greatest good for the greatest number," but "Every desire must be confronted with this question: What will happen to me if the object of my desire is accomplished and what if it is not?"
5. Not "humanism," "transhumanism," "individualism," "collectivism," "egoism," "altruism," "social progress," "Marxism," "democracy," "tyranny," or any "one size fits all" political ideal of any kind, but social structure based on friendship which "is formed and maintained by means of a community of life among those who have reached the fullness of pleasure."
6. Not "hard determinism," but "some things happen from necessity, some from chance, and others through our own choice."
7. Not "supernaturalism," but "materialism."
8. Not "supernatural gods," or "life after death," but confidence in a fully material universe and "for those men for whom wisdom is possible, and who do seek it, such men may truly live as gods."
9. Not only "short term hedonism," but "it is to continuous pleasures that I invite you."
10. Not "rationalism," but "all reason is dependent upon sensations."
11. Not fearful of death nor careless of losing life, but valuing life for the opportunity of pleasure it brings.

Our Posting Policy At EpicureanFriends.com:

"No Partisan Politics," "No Supernatural Religion," and "No Absolute Virtue"

This forum is dedicated to promoting the philosophy of Epicurus, and not to any partisan political positions whether "left," "right," or "center." The task of rediscovering Epicurean philosophy requires that such discussions be held elsewhere. Posts violating this rule are subject to removal.



Epicurean philosophy firmly rejects the viewpoint that there are any supernatural forces or absolute virtues or Platonic ideals of any kind. Argument which is based on supernatural claims, or "absolute" virtues or ideals of any kind, are in violation of this rule and subject to removal.

**Nothing can be created
from nothing.**

**Nature has no gods over
her.**

**Do not assign to the
gods anything that is
inconsistent with
incorruption and
blessedness.**

Death is nothing to us.

**There is no necessity to
live under the control of
necessity.**



**He who says "Nothing
can be known" knows
nothing.**

All sensations are "true."

**Virtue is not absolute or
an end in itself - all good
and evil consists in
sensation.**

**Pleasure is the guide of
life.**

**By "Pleasure" we mean
all experience that is not
painful.**

**Life is desirable, but unlimited time contains no greater
pleasure than limited time.**

Post by "Cassius" of May 23, 2026 at 1:38 PM

Buck23 tells us:

Hello Cassius!

I live in the US, and have been an on-and-off listener of "The Lucretius Today" podcast for a while. That said, I'm a beginner on the journey to get to know Epicurus and his philosophy. But, so far, I find much resonance with the way I live and would like to live. I'm especially grateful for the commentary found in the podcast and the Epicureanfriends.com website regarding

relevant definitions of terms, as well as context. Also, the side by side translations provided on the website is an amazing resource! (But, I'm also curious about what printed version may be the best for a beginner. Didn't find that yet on the website yet -- and I'd be grateful to hear your own recommendation(s)!

I also have had a lifelong love and admiration of Ancient Greek culture -- primarily focusing on Greek Myths and the extant tragedies. (Though I'm a bit rusty on the latter!). Career-wise, I'm winding down more than 45 years of IT -- most recently in Computer Administration and Development, and a focus on Data Integrity.

Last -- thanks so much for sharing your time and knowledge in so accessible a way! I look forward to diving deeper and deeper!

All the best,

Post by “Cassius” of May 23, 2026 at 1:41 PM

Welcome Buck. I bet others will have good commentary on printed versions. If you mean actual paper copies there is the "Hedonicon" issued by our friend Eikadistes in recent years, or the collections such as the Epicurus Reader. At this point I mainly rely myself on the PDFs of the public domain versions by Bailey and Rackham or the like, or in the case of Lucretius the Martin Ferguson Smith edition by Hacket Publishing.

Any particular printed work or collection in your mind?

Post by “Don” of May 23, 2026 at 3:17 PM

Welcome aboard [Buck23](#) !

Post by “wbernys” of May 23, 2026 at 11:07 PM

Welcome [Buck23](#) as for printed versions. I would personally recommend "The Best of Epicurus" By Classic Caves.

It has all of the main letters, most of the biography (it only excludes parts about slander against Epicurus), The Vatican Sayings, and the vast majority of the great speech of Torquatus on Ethics.

It's also translated in a very easy to read, and organized, fashion while being accurate.

I really like the Hedonicon that [Cassius](#) mentioned but the english is a little rough at times sadly due to using older translations and it's missing torquatus but does have the great work of Lucretius which classic caves doesn't. Still recommend if you have an interest.

Happy to have you here!

Post by "Don" of May 23, 2026 at 11:29 PM

[Quote from Cassius](#)

Any particular printed work or collection in your mind?

There's no real necessity for printed works, although keeping an eye on the secondhand bookshops is always fun.

For classical texts, The Epicurus Reader by Inwood and Gerson is solid.

Online, I am very much a fan of the Perseus library:
<https://www.perseus.tufts.edu/hopper/text?do...0%3Achapter%3D1>

Attalus' translation of Usener is indispensable: <https://www.attalus.org/translate/epicurus.html>

For a modern intro, I remain a huge fan of Emily Austin's Living for Pleasure.

Those are some of my go-to sources.

Post by "Griffin" of May 24, 2026 at 8:16 AM

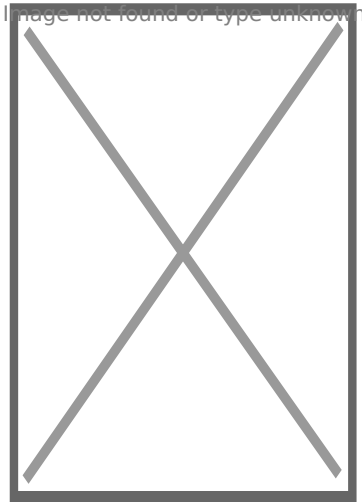
Welcome [Buck23](#)

On printed versions, Bailey is where I'd start. His translations of the three letters and the [Principal Doctrines](#) are accurate, readable, and everything needed to build on solid ground.

Post by “Don” of May 24, 2026 at 10:05 AM

Oh. And if we're talking "printed" in the broadest sense, don't forget the digitized books at Internet Archive:

For example, Bailey:

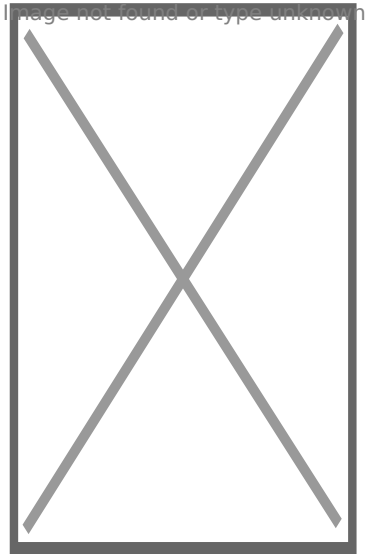


[Epicurus The Extant Remains Bailey Oxford 1926 Optimized For Greek On Left : Cyril Bailey : Free Download, Borrow, and Streaming : Internet Archive](#)

Epicurus - The Extant Remains - Cyril Bailey - Optimized for Greek on Left Side for On-Line Viewing

archive.org

DeWitt (available to borrow with free account)



[Epicurus and his philosophy : De Witt, Norman W. \(Norman Wentworth\), 1876-1958 : Free Download, Borrow, and Streaming : Internet Archive](#)

388 p. 24 cm
archive.org

Post by “Buck23” of May 29, 2026 at 1:08 PM

Uh oh -- I thought I had posted something here about a week ago -- but now I can't find it!

Many thanks to all for your warm welcome. I look forward to exploring, learning, and participating with you all!

And, thank you for the recommendations!

Post by “Cassius” of May 29, 2026 at 2:09 PM

Thanks Buck23 - not sure what happened but thanks for following up!