

# Autarkia And Epicurean Living In The Modern World

Post by "Cassius" of September 16, 2021 at 7:17 PM

## [Quote from Macario](#)

accumulating more resources or limiting your necessities; both will do it, but the last one seems much easier to achieve.

That may in fact be true, but I do think that there are enticements to "living small as a rule" that have to be guarded against. I know I am a lazy person myself, and laziness is probably not the best way to make these decisions. I would always keep in mind the key rule of [VS63](#) - Frugality too has a limit, and the man who disregards it is like him who errs through excess.

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A question: is there any way to private message someone in the forum?

Yes absolutely, I am sorry that is not easier to see. Perhaps it is harder to see if you only use a mobile advice. On the desktop it's easy to see the "dialog bubble" icon near the top right -- when you click that you can message any other user or combination of users.