

Welcome Cleveland Oakie!

Post by “Cleveland Okie” of October 6, 2021 at 9:40 PM

I've finished "Epicurus and the Pleasant Life." I thought it was quite good, if a little uneven. I particularly liked Chapter 9, the chapter on Pleasure. This is one of the sentences I bookmarked in the chapter: "The wise man creatively leverages the capacity of the mind to look backward and forward, but those who look to the past with bitterness and to the future with fear ran the danger of transforming this ability into a weakness."

And I liked this sentence from Chapter 30: "The physical pleasures through our senses and the mental pleasures through our mind are an endless ocean. All we need to do is become more attentive to the present and not allow ourselves to be pulled out of our ongoing pleasure by fear of future pain."

I'm going to read Norman DeWitt's book next; I'm a little frustrated by not being able to find a Kindle or ePub edition, but I have downloaded a PDF.

One of the reasons Epicureanism is attractive to me is many of the doctrines fit with conclusions I already had reached. For example, his advice not to become obsessed with politics seems more relevant than ever in the current age; I sometimes feel I am the only person in the U.S. who doesn't endlessly post political talking points on Facebook, repeating slogans from a favorite political TV network.

In my day job, I come into contact a lot with people affected by the opioid crisis. Epicurus wasn't talking about heroin, I guess, but addiction to hard drugs seems exactly like the kind of pleasures that are not worth indulging in. It's hard to enjoy looking at a sunset or talking to a pretty girl if you are dead from an overdose.