

From The "Golden Mean" to the "Summum Bonum" - Useful or Deceptive Frames of Reference?

Post by "smoothiekiwi" of February 16, 2022 at 3:01 AM

[Quote from Godfrey](#)

So pleasure is foundational, fundamental, inborn; self sufficiency is a great good; practical wisdom is the greatest good

I don't want to interrupt your discussion, but just wanted to throw in that I'm surprised how little of a hedonist (in the modern sense of the world) Epicurus actually was, and how good he understood the human soul. I guess he would be a good psychotherapist today.