

# **"most useless observation ever made by an ancient Greek philosopher"**

**Post by "Don" of June 10, 2022 at 8:07 AM**

This article just strikes me as lazy writing. I'm already writing a rebuttal in my head. Here are the opening lines:

Arguably the most useless phrase ever uttered by pop spirituality is that we should "live in the moment." Devoid of context or further instruction, "live in the moment" is an easy throwaway line, an otherwise vacuous trope to make one sound deep without actually having to do any work in providing real, substantive, helpful advice for living.

Epicurus, on the other hand, said, "A philosopher's words are empty if they do not heal the suffering of mankind."