

[Toby Sherman's Ancient Guide To Modern Well-being] That article I mentioned at the on line Wednesday 8/17 meeting

Post by "Cassius" of August 18, 2022 at 7:32 AM

oh my oh my oh my!!!

"Habituation is perhaps the most important Epicurean technique: the whole philosophy focusses on limiting and changing one's desires in order to avoid unnecessary pain. By realising we don't need certain things and that they don't have value, we can reduce and eventually eliminate our desire for them. This process can involve both introspection - i.e. thinking about the objects of desire and questioning why we want them - and practice, such as living in a simpler fashion and realising that we are satisfied with less. The priority targets of this technique should of course be the damaging unnatural desires and then the risky unnecessary ones, but it's also worth a shot to reduce those that are necessary."