

[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 7:37 AM

"It doesn't matter what the Epicurean is currently doing: as long as they are doing it while possessing ataraxia and aponia, it is the most pleasurable activity there is."

I can't imagine a straighter path leading to the cave and it's bread and water than this attitude taken literally.