

## **[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 8:10 AM**

Kalosyni raised the point in a post yesterday that the "cave and bread and water" analogy may be overly dramatic and not describe the real world issue of people who in fact focus on fleeing pain for a variety of well justified reasons - and she is right. There are many people in many circumstances who have no real choice but to deal with pressing real-world pains.

This article, on the other hand, is the issue I am referring to in the analogy. This article is an example of a well researched and argued paper by a highly intelligent person who is in fact arguing (though I suspect not actually living himself) the viewpoint that according to Epicurus the very best life is the one with the fewest desires. That's the meaning and purpose of the "cave and bread and water" analogy - to dramatize that exactly that goal is being held up by some people as the ultimate Epicurean lifestyle.

Were we to adopt such a viewpoint every normal pleasure in life which we choose to pursue - especially those by which Epicurus said he would not know the good without -make us more and more "bad Epicureans."

No more chocolate, no more hugs, no more sex, no more joy, no more delight - according to this viewpoint only by setting the elimination of those from our lives could we achieve ataraxia and aponia and the goal of life.