

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

**Post by "Don" of August 18, 2022 at 1:53 PM**

Okay, so the Epicurean ideal (in the widest, non-Platonic sense!!) is the untroubled, blessed life of the gods, content in their incorruptible existence.

So, I have no problem with aspiring to living a life of pleasurable fulfillment and contentment. A mind untroubled by unfulfilled desires? Without nagging anxiety? Experiencing pleasure as it becomes available, varying my well-being? That sounds pretty good actually.

I see an Epicurean way of life as being a path toward a goal, and a goal that is met from time to time and then back on the path.