

# **New Christos Yapijakis Article: "The Philosophical Management of Stress"**

**Post by "Little Rocker" of January 7, 2023 at 3:17 PM**

I mean, at the risk of sounding too extreme, I suspect that Epicurus is even open to the possibility that drinking to excess can be beneficial under some bizarre, even common, circumstances. If, for lack of a better example, a tyrant says he will force the citizens with the healthiest relationship to alcohol to fight in an unjust war, I think Epicurus might recommend falling down drunk in public a few times. Or if the only way a person can motivate themselves to do something courageous is to opt for 'liquid courage,' then Epicurus might say, 'hey, better perhaps you didn't need it, but well, turns out you do. Let me refill your glass.'

Or, ruling out the genuinely bad behavior Euboulos mentions, if it turns out empirically that getting drunk on Friday and ending up at Waffle House with college friends creates long-lasting memories of pleasure, then those memories could justify the hangover. I guess I'm just saying that I'm willing to consider going a lot further into traditional hedonism than a lot of people might find comfortable.