

# Epicureanism Vs Asceticism

Post by "michelepinto" of March 14, 2019 at 11:59 AM

## [Quote from Cassius](#)

How depressing to read answers like this:



I do not understand: why depressing? Is like what Epicurus said in Menoeceus letter:

*"Again, we regard independence of outward things as a great good, not so as in all cases to use little, but so as to be contented with little if we have not much, being honestly persuaded that they have the sweetest enjoyment of luxury who stand least in need of it, and that whatever is natural is easily procured and only the vain and worthless hard to win. Plain fare gives as much pleasure as a costly diet, when once the pain of want has been removed, while bread and water confer the highest possible pleasure when they are brought to hungry lips."*

Of course the Epicurus lifestyle is not ascetic. Asceticism is not the goal of Epicurus, and - more important - Epicurus is not dogmatic about that. But there is a lot of similar.