

# Tetrapharmakos in Philodemus's On Choices and Rejections

Post by “Eikadistes” of October 5, 2024 at 6:51 PM

[Quote from Cassius](#)

Would "readily" work?

I sense unease with the adverb "easily" ... and I share that unease.

As a haiku, I tried to chew on "boldly" as a meaningful tweak:

*Fear not God nor death;  
The good is easy to get,  
The bad, **boldly** met.*

That's not a correct translation, but it rings to me because the Epicurean capacity to endure pain goes part and parcel with fearlessness (of *boldness*, or *courage*). It is definitely *not* easy to mechanically lessen the physical intensity of the sensation of severe, unmanageable pain, but it is relatively *easy* (by comparison) to embolden an internal spirit of confidence through reflection.