

A Fable on Unattainable Expectations

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This is the kind of thinking that first made me love Epicurean Philosophy. In the past, I was full of these vain desires and expectations, which brought me so much pain. One day, I read about Epicurus encouraging his followers to analyze their desires and do the calculation to see if they are worth it or not. Once I realized the futility of my pursuits and let these desires and expectations go, I felt so much light, as if I were a locked bird, now free to fly to the skies. Later on, I discovered the concept of "cognitive load", which explained through Psychiatry what Epicurus taught many centuries ago through Philosophy.