

Epicurus' Hierarchy of Needs

Post by “Kalosyni” of June 3, 2025 at 9:36 AM

[Quote from Rolf](#)

What about the desires that are natural but not strictly necessary for survival and well-being?

I would now say that it is best in our modern times to not have "natural/unnecessary" as a category. And that also means discarding the labels of "luxury" and "extravagant". Our current civilization makes it easy and affordable to attain many "luxuries" and many "extravagances".

You can eat all the ice cream that you want (but just see what happens, lol...because the stomach can't take unlimited ice-cream and you'll get a tummy-ache). If you can easily find and afford to buy ice-cream and it causes you no pain, then it leads to pleasure. But if you are lactose intolerant or diabetic, then ice-cream would be "empty" of pleasure/well-being for you.