

# Epicurus' Hierarchy of Needs

Post by “Kalosyni” of June 3, 2025 at 11:34 AM

[Quote from Rolf](#)

That said, I think we can both agree that ice cream is not necessary for a pleasant life.

What!!!!? Ice cream isn't necessary? (lol 😂) That's like saying sex isn't necessary! 😂

For the **most** pleasant life I would recommend both. 😂

But I think you could still be happy with vanilla yogurt and massages. 😊😊