

# New Home Page Video: How Can The Wise Epicurean Always Be Happy?

Post by “Kalosyni” of November 19, 2025 at 7:02 PM

## [Quote from Cassius](#)

I have anticipated you Fortune and I have entrenched myself against all your secret attacks. I have not and will not give myself up as captive to you or to any other circumstance. When it is time for me to go, I will spit contempt upon those who vainly cling to life, and I will leave life crying aloud in glorious triumph that I have lived well.

This is a quote by Metrodorus. I also want to say that the "spitting contempt" part just doesn't make sense from an Epicurean standpoint - at least in my mind. The Epicurean would be too busy either: enjoying a last taste of something pleasurable, or busy remembering an event that was one of the best moments of life.