

Epicurean strategies for dealing with bad habits and urges.

Post by “Cassius” of November 24, 2025 at 3:25 AM

[Quote from Daniel188](#)

and avoiding unnecessary emotions.

My first response would be that Epicurus would never look at life from this perspective. Life is all about feeling and Diogenes Laertius says that Epicurus held that the wise man will feel his emotions more deeply than will others, and this will not be a hindrance to his wisdom.

I would start by listening to the emotions and making sure you know what they are telling you, and being glad that you have them.