

# **Would It Be Fair To Say That Epicurus Taught "Lower Your Expectations And You'll Never Be Disappointed"?**

**Post by "Bryan" of January 26, 2026 at 10:05 PM**

My highest expectation, hope, and desire is for personal peace -- and a similar well-being of peace for my friends: what greater thing could be desired?

This is not a low expectation, but a very high one -- and one which our philosophy supports very well.

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However, from another angle, this may well entail "lowering your expectations" if they are insupportably high!

Not one of us can significantly change the mass flow -- of the ocean, of the air... etc.