

PD21 - Commentary and Interpretation

Post by “Godfrey” of February 3, 2026 at 4:13 PM

Totally agree regarding modern competition. I spent my entire career, particularly the last 25 years, in a highly competitive big city working environment. Unfortunately, during that time I had never heard of Epicurus.

However, the last 25 years were particularly enjoyable and successful. My formula was: 1) do work that I love, 2) understand how this work can benefit people and who those people are, 3) fully utilize my knowledge, skills and talents in doing the work, 4) have a pleasant disposition, 5) get out of the way and be open to the results of my work.

Although at the time my model came more from a variety of eastern philosophies, I think this formula is completely compatible with Epicurism.