

Epicurean Virtue

Post by "Cassius" of February 7, 2026 at 12:34 PM

[Quote from Kalosyni](#)

Ultimately they can be summed up as "do no harm" both to others and to oneself. Non-harming brings about a good life free from troubles.

What? Define the goal purely negatively? If that were the case Epicurus could have stopped at "freedom from pain" without ever referring to pleasure (?)