

# What kinds of goals do Epicureans set for themselves?

**Post by “Kalosyni” of February 23, 2026 at 9:00 AM**

From the Letter to Menoeceus we see in the opening paragraph that one should study philosophy both when young and when old, and interestingly it does occasionally seem that here on the forum we have a mix of both younger (college age) and older (empty-nesters and/or retired). And it seems that studying philosophy is especially of benefit for those two lifestages - and there may be more time available for studying philosophy when in those two lifestages. Also, there are those who are neither married nor have children and that lifestyle creates more time for studying philosophy.

I started out this thread with asking: "What kinds of goals do Epicureans set for themselves?" and now thinking that another way to look at this question is that each lifestage brings questions and "existential needs" and that these needs (and depending on the lifestage) can be met through the study of Epicurean philosophy in various ways.

On a related note, I found this about Gen Z...

Image not found or type unknown



[Talking to strangers in public is not a Gen Z thing. | Gary Rudman](#)

Talking to strangers in public is not a Gen Z thing. As we've stated here, Gen Z finds comfort in speaking to others safely from behind a screen but when they...

[www.linkedin.com](http://www.linkedin.com)

<http://www.epicureanfriends.com/thread/4924-what-kinds-of-goals-do-epicureans-set-for-themselves/?postID=38843#post38843>

...and thinking that the study of Epicurean philosophy may be helpful for college age Gen Z ...and all the more reason why we need to create a "basic and friendly" guide to Epicurean philosophy. And no matter what lifestage one is in, there is joy in studying philosophy with those of like-mind.