

Heads up: New Book Coming in 2027

Post by “Kalosyni” of July 29, 2026 at 4:51 PM

Thanks, [Don](#) ...at first glance it looks intriguing, though it's a fairly vague general description. Perhaps it is written for middle age folks who really do "have it all" but for some reason still feel unhappy. We have VS68 which touches on the idea of "enough" ---> "Nothing is enough to one for whom enough is very little."

Yet, for younger folks, the book author's statement: "We already have what we need in order to be happy" is not going to be a helpful thing to hear for those who actually do need to put in more effort into getting their lives in order (gaining work experience, building financial sufficiency, building friendships, dating if they wish to find a partner and start a family.)

But basically I just wanted to speak up to say that the idea of just accepting your life "as it is" is not Epicurean.

Epicureanism is about understanding that we all need to make wise choices in life -- and take action when needed -- and as [VS41](#) says: "One must laugh and seek wisdom and tend to one's home life and use one's other goods, and always recount the pronouncements of true philosophy."