

# Calculus, Minimalism, Consumerism, Finding the Path

**Post by "Cassius" of October 18, 2019 at 11:37 AM**

To add to Hiram's point, we know that Epicurus also had slaves, so that would obviously not be a lifestyle that we can or should duplicate. That's a pretty dramatic example of the dangers of thinking that Epicurus himself lived a particularly ascetic / minimal existence, which I don't think the facts would support. In addition, I am not aware that any of the other examples of specific Epicureans we know about from history were noted for gardening or raising their own sustenance or really were in any way associated with an ascetic or minimalist lifestyle.

I think Hiram's leads on the Property Management material are probably more practical examples, with the goal being more "intelligent" and/or "sustainable" lifestyle choices, suitable to the level of means we are confident we can support and sustain, rather than geared toward minimalist or ascetic, but other than the links Hiram provides I don't have good online links to the direct reference material. That would be particularly interesting to look back at, because I don't recall every reading that Philodemus' material advises anything that is particularly ascetic, nor did he himself live that way if in fact he lived or taught in the area of what Julius Caesar's father-in-law's library at Herculaneum.