

Managing Expectations In The Study of Epicurus

Post by "Pompadour" of May 13, 2020 at 9:15 AM

[Quote from Cassius](#)

Here's an observation about a problem I see recurring over and over

If I may, I'm not sure the "cookbook" can answer the question "why do I eat?" In other words, philosophy can help people find meaning and I'm not sure its a problem if they stop eating when they're full, to continue the analogy.

From my own perspective, I want to explore Epicurus until I understand the tools well enough to know whether and how they will be useful to me.