

# List of Epicurean philosophical remedies

Post by “Kalosyni” of November 8, 2023 at 10:52 AM

List of human life issues for which there are Epicurean philosophical remedies (there are specific [Principal Doctrines](#) and Vatican Sayings (etc) which address these issues).

There are Epicurean remedies for the following:

--anxiety that arises when realizing we are mortal and will one day die.

--anxiety that arises when we notice a drive to preserve our life for as long as possible.

--anxiety and fear that arises when we are sick and experience pain in the body (understanding the nature of pain).

--problems which arise when we pursue pleasure without proper understanding - that we must remember to do so in a manner which takes into account the long-term results.

--problems which arise due to an incorrect understanding of pleasure - prevention of problems by understanding the nature of pleasure and its limits and its maximum (natural boundaries) thereby opening up our ability to see all of our options for doing what is necessary for the long-term happiness of the soul.

--being dominated by the groundless opinions of others - recognition that pleasure and avoidance of pain is a natural drive and the contemplation of what is necessary for happiness for the body and the mind gives a guide for making the best choices, and that pleasure and a pleasant life is readily available (we don't need to be rich to attain it).

--incorrect understanding of pleasure - physical pleasures are of the nature to be in movement (with a beginning, middle, and end), but the mental pleasures have longer stability as we contemplate the goodness of being alive (pleasure is attainable when our lives are safe and secure, and we think on our good memories and future anticipations of good things and good friendships).

(This may need some revision, and perhaps I missed something?)

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Two additional points:

--anxiety from religious fears

--fear that arises from lack of knowledge