

# What In Your Opinion Are the Most Essential Characteristics Of "Being An Epicurean" (According to Epicurus)?

Post by "Don" of February 15, 2021 at 4:54 PM

[Quote from Cassius](#)

Can you suggest better wording?

LOL. It's easier to be critical than to offer solutions. 😊 Here's my first attempt at being constructive...

Epicurus says in the Letter to Menoikeus that "The goal of a completely happy life is 'health of the body' and 'serenity of the soul'" but that's open to misinterpretation, too, isn't it? He also says "Pleasure is the beginning (αρχή) and the end (τέλος) of a completely happy life." I may translate/paraphrase that as "Pleasure is the foundation and result of a completely fulfilled life." And he also writes "When we say that pleasure is the goal, [we mean], by sober reasoning, searching out the cause of everything we accept or reject, and driving out opinions that cause the greatest trouble in the soul."

I don't think any of these are good bumper sticker slogans but each has something to contribute to getting the "goal" across.