

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

Post by "Godfrey" of February 15, 2021 at 8:30 PM

Before I clicked on the title to read this thread, not knowing it was a poll, I gave a bit of thought to how I would describe pleasure as a characteristic of an Epicurean. For what it's worth, I came up with "consciously pursues choices and avoidances in order to live a life of maximum pleasure."

That's pretty unwieldy. I think that these two quotes are an excellent starting point:

## [Quote from Don](#)

Using pleasure and pain "to steer your own little boat" towards the most pleasurable life is the goal.

## [Quote from Cassius](#)

Even today it might be a lot more intellectually helpful to say that we "follow Venus" rather than "follow pleasure."