

Multiple Components Comprise the Epicurean Life

Post by "Don" of October 22, 2021 at 8:44 AM

[Quote from Kalosyni](#)

Multiple components comprise the Epicurean life. There is more to laud in the "sweetest life" than just pleasure.

To return to [Kalosyni](#) 's original statement...

There are myriad, numerous experiences and components to laud in the "sweetest life", but the most important - the "highest" thing - to laud IS that they are part of our sweetest life possible. According to Epicurus, all we choose to do should point us in the direction of living the sweetest life. Sometimes we choose (or have no choice due to disease, death of someone close, etc.) to experience pain for a greater, pleasurable goal. I seem to always use the example of the choice of the pain of exercise 😊 Epicurus gives us agency to affect the arc of our life. We do not live at the whims of Fate. We choose. We reject. We live!