

Recommendations for Happy Living

Post by “Kalosyni” of November 20, 2021 at 2:21 PM

[Quote from Cassius](#)

our lives are of most important value to us, so that we should focus our effort on using our time the "best" way possible. And we have to have a philosophical judgment as to what is the "best way possible."

What I find valuable about this forum (Cassius@ under your direct guidance) is that you advocate that each individual should be allowed to make their own choices as to what the "best way possible" is. Of course, we assume that we have developed the wisdom to make choices that are ethical, and so we don't choose to do things that cause any pain or suffering to others.

As to personal choices, I myself won't ever choose bungee jumping or sky diving, and yet there could be considered a place in "hedonism" for those who have high testosterone levels and seek to enjoy themselves in potentially risky or intense sensory experiences. I think these kinds of choices would be considered a "modern" interpretation of Epicureanism. Epicurus himself led a quiet life and I can't see him wanting to do any risky behaviors. There is much more sweet pleasure to be had in the "Garden".

Quote

"To-morrow, dearest Piso, your friend, beloved by the Muses, who keeps our annual feast of the twentieth * invites you to come after the ninth hour to his simple cottage. If you miss udders and draughts of Chian wine, you will see at least sincere friends and you will hear things far sweeter than the land of the Phaeacians. But if you ever cast your eyes on me, Piso, we shall celebrate the twentieth richly instead of simply."

<http://www.attalus.org/poetry/philodemus.html>