

Dopamine Nation by Dr. Anna Lembke

Post by "Cassius" of January 6, 2022 at 11:24 AM

[Quote from Don](#)

In fact, I would posit that most of our everyday desires fall into the "natural but not necessary" category, but they do add variety to our lives

Yes and the highlights another peril - that if thinking that "natural but not necessary" desires as a rule should not be pursued because they are not "necessary." Such a general rule would not in my opinion be Epicurean, but Stoic/ascetic.

And I don't think any (or many) people here would infer such a rule, because we hit on that point so hard here in this forum. But in the outside world of people who read Epicurus I think that's a very real problem. They infer that Epicurus suggested we should pursue ONLY natural and necessary desires, even though he himself manifestly did not do that in his own case, nor would it be logical to reach such a conclusion in the first place given the rest of his philosophy.

And if someone wants to argue that point (which they often do in outside Epicurean discussions) I would ask them among many other things: *Exactly how many of the slaves which Epicurus held at his death were "necessary?"*