

Dopamine Nation by Dr. Anna Lembke

Post by “Don” of January 6, 2022 at 11:55 AM

I find it interesting that Epicurus didn't actually use the word "unnecessary" although one could argue it's implied. But it is not explicit:

Quote

Furthermore, on the one hand, there are the natural desires; on the other, the 'empty, fruitless, or vain ones.' And of the natural ones, on the one hand, are the necessary ones; on the other, the ones which are only natural; then, of the necessary ones: on the one hand, those necessary for eudaimonia; then, those necessary for the freedom from disturbance for the body; then those necessary for life itself.

Unless he talked about the division of desires somewhere else and used "unnecessary" explicitly. I certainly don't have the texts memorized 😊