

# Epicurean Worldview, Personal Identity, and Creating Community

Post by "Cassius" of January 20, 2022 at 8:32 AM

## [Quote from Don](#)

has led me to understand he was including a calm mind in his definition of what it means to lead a pleasureable life.

Yes, and the key word there is "including" -- which is different from what some modern commentators seem to allege when they convert Epicurean philosophy into "Tranquilism" - with calmness as the highest good of life.

Also, I should clarify that when I seemed to admit the possibility that someone might choose a life of contemplation as their highest good, I was trying only to make the theoretical point that there's no absolute single definition of how to experience pleasure as the highest good, so i suppose someone "might" want to devote themselves to a life of contemplation, if that somehow floats their boat. The bigger difficulty would be to succeed in sustaining that. i doubt that either of these would be very common, and they probably are not even possible to sustain for very long.