

# Epicurean Worldview, Personal Identity, and Creating Community

Post by “Don” of January 20, 2022 at 9:01 AM

[Quote from Cassius](#)

Yes, and the key word there is "including"

No question.

Even at its most basic wording, we need \*both\* "the health of the body \*and\* the tranquility of the mind" for our well-being. That's why Epicurus's definition of pleasure in the letter to Menoikeus does not include an "endless string of drinking parties." That would be detrimental to the health of the body at the very least.