

# What Do You Take From The "Golden Mean" of Aristotle?

**Post by "SimonC" of February 11, 2022 at 3:55 PM**

Wasn't Aristotle's position something like courage is absolutely definitely a virtue and therefore good in itself, but to strike the balance between cowardice and recklessness you need *phronesis*.

Meanwhile Epicurus would say that courage is definitely good but not absolutely, only instrumentally, and the measure of its goodness is the pleasure it brings to your life.