

Godfrey's Epicurean Outline

Post by "Hiram" of December 24, 2018 at 7:46 PM

I'd word it: - Prudence, honor and justice are prerequisites for A LIFE OF pleasure.

RE:

- Autonomy is achieved by living frugally, only desiring what is natural and what can be maintained by a source of income which provides an excess of pleasure over pain.

That is the most common way to live in autarchy, but there's no need to shun wealth or other goods, merely a need to understand the limits that nature sets for our desires. In other words, (there's a Vatican saying that says) there's also a limit to simple living where it doesn't lead to a life of pleasure.

On practice, my book includes a chapter on elaborating your personal hedonic regimen. I rely mainly on modern research and suggest exercise, laughter therapy (also known as laughter yoga), meditational practices that are known to increase levels of oxytocin and serotonin (feel good chemicals that the brain secretes), foods (cooking, eating, as well as entertaining friends)--particularly foods that act as mood boosters like yerba maté, kava, chocolate, durian, etc. Also connect with the tradition of the laughing philosophers and enjoy good comedies, I particularly like Ricky Gervais and George Carlin as laughing philosophers because they're funny AND insightful.