

Godfrey's Epicurean Outline

Post by "Godfrey" of December 25, 2018 at 5:21 PM

Hiram, "*Prudence, honor and justice are prerequisites for A LIFE OF pleasure*" nails it.

AS for autonomy/autarky, I agree with what you say. What I was trying to express is:

- To maintain autarky, enjoy all natural pleasures as long as you don't stress out over money. And do work that you love.

Or more formally:

- Autarky is achieved by avoiding unnatural desires and by living a life where acquisition and disposition of means lead to an excess of pleasure over pain.

To clarify a definition, is it correct that autarky refers specifically to economic self-sufficiency whereas autonomy is more general?

One thing that I'm finding quite interesting is that, after a lifetime of living the Protestant work ethic, it's an entirely different and surprisingly challenging mindset to focus on the goal of living pleurably. Among the items you list, I think that comedy and laughter can be particularly effective antidotes. In addition to focusing on like-minded friendships.

Your book was one of the first that I read (and enjoyed 👍) as I began to explore EP. I have to confess that I was reading and trying to absorb a lot at the time. Too much, actually. Now that I'm getting deeper into the philosophy and beginning to try to live it, it's definitely worth a second read.