

Let's explore and reclaim pleasure

Post by “Kalosyni” of April 5, 2022 at 9:49 PM

[Mathitis Kipouros](#) regarding Maslow's hierarchy of needs, I found this article which gave some interesting points, as well as a revised pyramid which replaced self-actualization with parenting



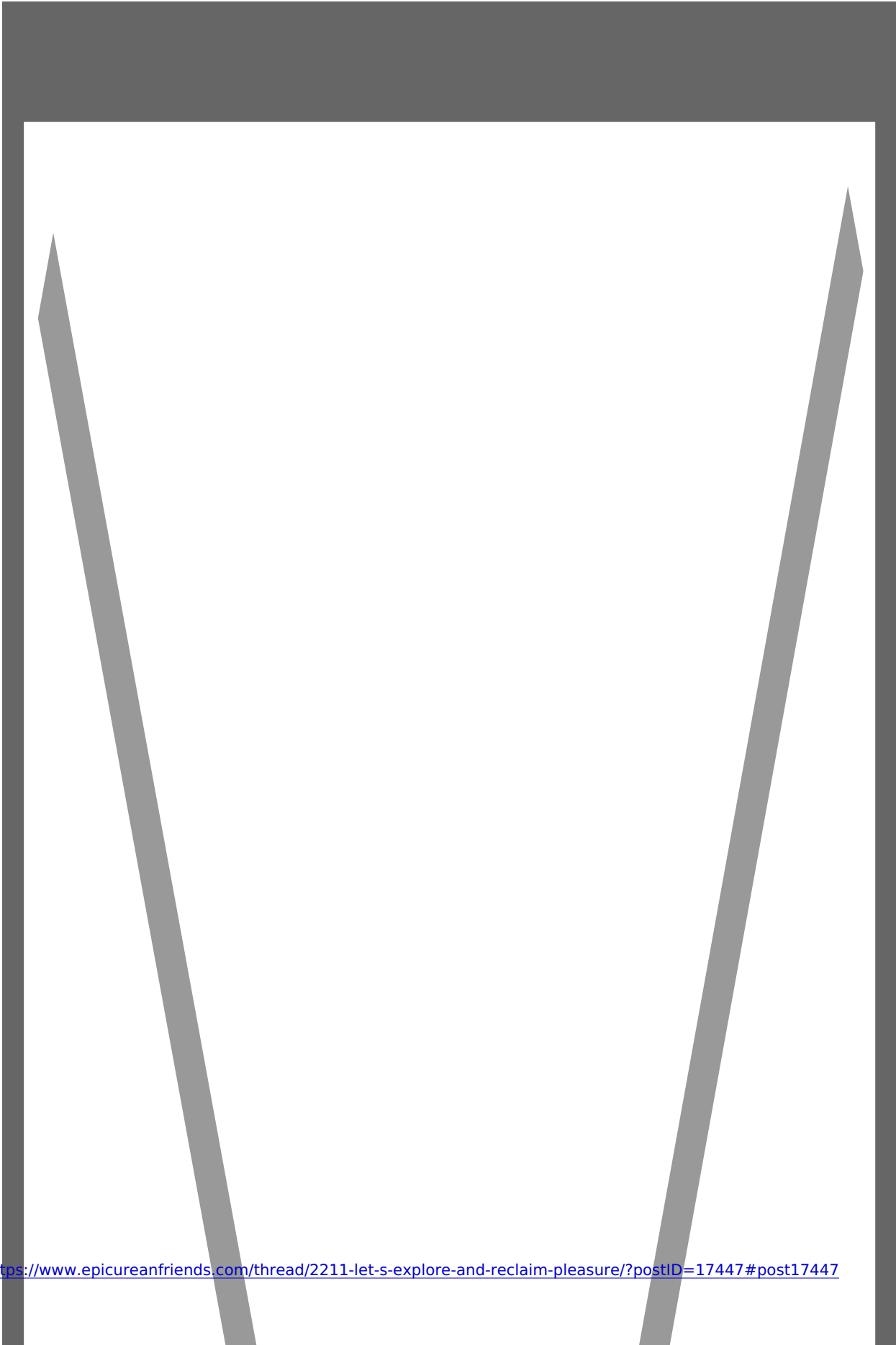
The article says regarding the original pyramid:

Quote

The needs described in Maslow's theory appear to be universal. However, research shows that the order in which these needs are met had little impact on people's satisfaction with life.

...The authors of the article suggested that while self-actualization is still significant and interesting, it is not an evolutionarily fundamental need.

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[Is Maslow's Famous Hierarchy of Needs Still Relevant Today?](#)

The hierarchy of needs has a history of wide acceptance despite little supporting evidence. Does the theory hold up or is it time for an update?

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It seems to me that Epicureanism goes beyond needs to put a value judgment on finding enjoyment in life -- we are out in the garden of the world actively looking for flowers and not for weeds. And the Tetracharmakos says: "what is good is easy to get".