

## λάθε βιώσας - "Live Unknown"

**Post by "Matt" of January 6, 2019 at 9:26 PM**

I think a good way to view this concept, as with many other Epicurean concepts, with a mind of personal prudence.

This does not mean, in my opinion, to become an ascetic or a hermit, but rather to limit exposure to public life that may be unnecessary. Especially within the realm of social media. I've found it is far more peaceful to stay out of the spotlight.