

Is Rational Emotive Behavioral Therapy Compatible with Epicureanism?

Post by "Godfrey" of May 4, 2022 at 3:53 PM

[Quote from Kalosyni](#)

Statistically women over the age of 50 are much less likely to partner up again (I have researched this. Often any men who are single in older age are either not in the mindset for wanting a relationship, or they have "attachment-avoidance" behaviours and are therefore unfit for long-term relationships.)

Kalosyni I don't say this to be harsh, and please forgive me if it comes across in that way. But I don't live my life with statistics in mind: that seems too much like accepting fate.

It's highly unlikely to be struck by lightning, but do the odds matter in the least to the rare individual who does get stricken? One can take prudent safety measures and go about their business.

It used to be thought that genetics determined particular things about a person's future. Now the field of epigenetics has arisen to study the ways in which behaviors can influence whether particular genes are expressed or not. I use this to illustrate that statistics are also, at least to me, "macro" data but underlying that data is "micro" data, the influence of which of which we are often unaware.

Really the best we can do is to take prudent actions to maximize our pleasure and minimize our pain in pursuit of a pleasant life, which it seems like you're doing. So, damn the statistics! Full speed ahead!