

# Is Rational Emotive Behavioral Therapy Compatible with Epicureanism?

Post by "Cassius" of May 4, 2022 at 4:14 PM

## [Quote from Godfrey](#)

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!

Exactly. By finding your way to EpicureanFriends you have already shown that you are capable of finding a true "needle-in-the-haystack" in the world of philosophy. That proves already that you have the ability to beat odds that have been stacked for 2000+ years! 😊

## Quote

For indeed who, think you, is a better man than he who holds reverent opinions concerning the gods, and is at all times free from fear of death, and has reasoned out the end ordained by nature? He understands that the limit of good things is easy to fulfill and easy to attain, whereas the course of ills is either short in time or slight in pain; he laughs at (destiny), whom some have introduced as the mistress of all things. (He thinks that with us lies the chief power in determining events, some of which happen by necessity) and some by chance, and some are within our control; for while necessity cannot be called to account, he sees that chance is inconstant, but that which is in our control is subject to no master, and to it are naturally attached praise and blame.

For, indeed, it were better to follow the myths about the gods than to become a slave to the destiny of the natural philosophers: for the former suggests a hope of placating the gods by worship, whereas the latter involves a necessity which knows no placation.

As to chance, he does not regard it as a god as most men do (for in a god's acts there is no disorder), nor as an uncertain cause (of all things) for he does not believe that good and evil are given by chance to man for the framing of a blessed life, but that opportunities for great good and great evil are afforded by it. He therefore thinks it better to be unfortunate in reasonable action than to prosper in unreason. For it is better in a man's actions that what is well chosen (should fail, rather than that what is ill chosen) should be successful owing to chance.