

"Medicine" of Epicurus: Removing Fear and Finding Freedom

Post by "Cassius" of May 31, 2022 at 3:46 PM

Great posts - my comments are not of the same quality but here goes:

[Quote from Kalosyni](#)

And I am wondering how hedonic calculus fits in, which normally I see as dealing with making choices in regard to pleasure. Maybe this is simple, or maybe there is more than what meets the eye?

Given that "pleasure" includes everything in life that we find worth pursuing, I see the calculus that Epicurus was suggesting as embracing every single moral choice.

[Quote from Nate](#)

It takes the support of a trusted friend to know you well enough to offer nuanced advice.

Yes, it takes friends to accomplish a lot of things, and to sustain them. The individual acting alone isn't going to go nearly as far as he/she can with friends on their side.

[Quote from Nate](#)

Anyway, CBT made it easier for me to go on to tolerate the slings and arrows of outrageous fortune. What it failed to do was provide direction.

That's one of the core criticisms I read about CBT -- it doesn't suggest a positive idea of what a healthy human being will do once "cured" of temporary problems, and without an orientation toward how to proceed positively in life it amounts to looking to Tylenol or Aspirin as the goal of life.

[Quote from Nate](#)

In a larger context, I was actually obsessing over making a critical decision that warranted my anxious behavior.

Yep. I sometimes think that we (in general, in today's world) aren't nearly anxious ENOUGH! We've blinded ourselves with religious-like incantations to endure the anxiety that ought to be there even more than it is now if we fully realized that the train is indeed coming down the

track we're standing on.