

# Kungi's Natural and Necessary Discussion

Post by "Don" of July 25, 2022 at 8:14 AM

[Quote from Cassius](#)

Ha - I will say on my last reading that I detect some bias in listing "too much frugality" without listing the negative "descending" that is attached to profligacy 😊

Not intentional bias.

[VS63](#) warns of choosing too much frugality.

The letter to Menoikeus clearly says that "an endless string of drinking parties and festivals" is not how Epicurus defines pleasure.

So... One is looking for pain with too much frugality or too much "sex, drugs, and rock and roll."