

# Maslow's hierarchy of needs

**Post by “Godfrey” of August 24, 2022 at 8:39 PM**

Maslow's hierarchy of needs is a very seductive idea. However I've encountered more confusion than clarity when I've tried to relate it to the categories of desires and my personal conclusion is that it's not helpful to one studying Epicurus. The more that I looked into it, the more academic criticisms of it I found.... It appeared to me that it could turn into another rabbit hole that would actually take me further from understanding Epicurus. I dropped it and focused on Epicurus and feel that I've been well rewarded for my choice.