

# Maslow's hierarchy of needs

Post by “reneliza” of August 24, 2022 at 8:55 PM

## [Quote from Godfrey](#)

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.

I think that a lot of psychological models work really well as *models* and that like you said, it just becomes complicated and confusing when you try to use it as some real strict and decisive rule. With Maslow and Epicurean desires both that it's worthwhile to note that there are some fundamental things that, once taken care of, make it easier to pursue the other less basic desires. But I wouldn't do a whole lot more with the hierarchy of needs than that.