

Episode One Hundred Thirty Eight - Letter to Menoecus 5 - Pleasure Part One

Post by “reneliza” of September 9, 2022 at 8:53 AM

[Quote from Cassius](#)

Dare I ask what "first pro-ana" means?

pro-ana is a position in favor of anorexia (the word itself deriving from the greek word orexis which Epicurus used in some circumstances instead of epithymia - although exactly where he used each was what I was trying to determine)

The poster said that reading the Letter to Menoecus (which she described as being about "the absence of desire") in college helped her learn to suppress her desires including actual hunger. She respected Epicurus for living on a restrictive diet of only bread and water - missing the crucial point as Don has brought up before that this was meant to mean ordinary food and not an ascetic or lacking diet - and then binging when invited to a feast.