

# Is Epicurean life achievable only for well off?

**Post by “waterholic” of September 19, 2022 at 3:18 PM**

No need to apologise, I find a lot of useful ideas reading through everyone's posts.

Indeed, as you say, there has been incredible amount of nonsense circulated about Epicurean position from extreme ascetism to extreme hedonism. Clearly, neither is in the spirit of Epicurus.

My question is: could Epicurean philosophy be of any use to someone in abject poverty and misery as a starting position? After all, much of religion has historically been used to create contentment in misery. Being satisfied with one's own position is all well if the society is just (broadly). Nearly all sources of Epicurean-leaning thought from Buddha (a rich prince who decided to leave the palace and spend some time under a tree) to Bertrand Russell (who argued in favour of idleness while really not needing much gainful employment) happens to originate in the "opulent quarters" of the city.

More practically, partly due to chance and partly due to choice, I am somewhat independent and can have comfortable life without overstressing. How do I suggest to those significantly less fortunate to be satisfied with whatever is within their reach?