

Is Epicurean life achievable only for well off?

Post by “Godfrey” of September 19, 2022 at 4:42 PM

[Cassius](#) has said much of what I've been thinking. I'd just add as a synopsis to what he has written above that Epicurean philosophy meets people where they are, and gives a clear statement of how to live. The confusion comes from the fact that the statement isn't a strict formula, but one that each individual can adapt to their circumstances. (Of course the confusion also comes from the multitude of misrepresentations of the philosophy.)

1. The goal is pleasure. Pleasure is a Feeling, not a destination.
2. Understand desire, and act accordingly. There's nothing wrong with desire! You just have to balance the pursuit of desires with the goal of pleasure. A tool to use for this is the categories of desires: this is a tool for deciding for oneself which of one's desires might be fruitful to pursue, and which ones are likely to divert one from the goal. It's also helpful to think of the goal as the fullness of pleasure when evaluating desires.