

# Is Epicurean life achievable only for well off?

**Post by "Don" of September 19, 2022 at 11:01 PM**

Excellent question, @waterholic and good responses from the rest of the crew. I'd just add (or emphasize) that Epicurus's philosophy encourages people - at any level of socio-economic status - that one can find pleasure in living. If all you have at the moment are the small things, we should all take pleasure in the small things: eating food to nourish the body even if meagre, feeling the sun on one's face, etc.

I think Epicurus would also encourage people to do all they can to satisfy their essential needs. Without those things "necessary for life" and well-being and the health of the body, one will find it very difficult to enjoy pleasure and to be sure of its continuance.