

Is Epicurean life achievable only for well off?

Post by “waterholic” of September 20, 2022 at 1:33 PM

[Kalosyni](#) thank you - love the concept of the ability to problem solve. I suppose having a sober assessment of one's state, an audit of the problems and building an action plan is easier to do with the anxiety left out of the equation. I would suggest that it's the role of Epicurean approach to remove the paralysing anxiety.

[Martin](#) has a great practical approach.

[Quote from Cassius](#)

Would it be better for a poor person to start praying to supernatural gods? Would it be better for a poor person to start hoping for a better life in heaven after death? W

Finally [Cassius](#) gave me the remaining piece of the puzzle. My original question was about whether Epicurean life is achievable only for the wealthy. But I think the answer is clear if I separate the **external (social, economic)** from the **internal (our attitude and mode)**. Epicurean philosophy may or may not be an answer to a social structure (say instead of capitalism, socialism and a bunch of other "isms"). We can't tell because we have not been able to test it. Consequently, the external demand on Epicureanism is irrelevant. When it comes to the internal demand, as Cassius suggests, I have absolutely no doubt that someone with no basic necessities of life IS better equipped with the Epicurean thought than stoicism or any of the religions.

Bravo Cassius and thanks. I get there in the end 😊