

Another mainstream article claiming ataraxia is the goal

Post by "Don" of September 23, 2022 at 11:33 PM

Random Internet sites I found sort of on this topic I now submit for consideration, neither endorsing nor disapproving at this point:

(Edit: I'm slowly going back and pulling out quotes and commenting. I hope that doesn't change anyone's reactions 😊)

[Living Like an Epicurean - Pondering with Pete](#)

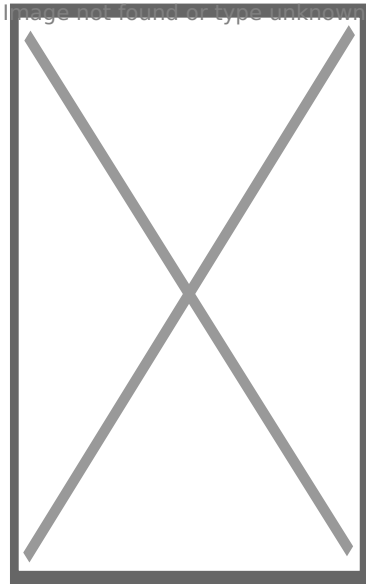
My biggest takeaway from this exercise is that living with intent improves your happiness. Regardless of if you live like an Epicurean, a Stoic, a Taoist, or...

ponderingwithpete.com

Quote

My biggest problem with Epicureanism is their belief in absolute goodness and absolute badness. I think life is much less stressful and more enjoyable when we consider everything's goodness or badness to be relative. Some things seem bad in the moment but end up being good; I think an Epicurean mindset of absolute good and badness precludes one (at least practically) from having faith that some bad things may turn out to be good things.

I found some interesting comments from this college student, but the excerpt above made me sad. I'm not sure where he got the "absolute" idea from, but I suspect it was "all pleasure is good .." But he overgeneralized to "all pleasure should be chosen" I think.

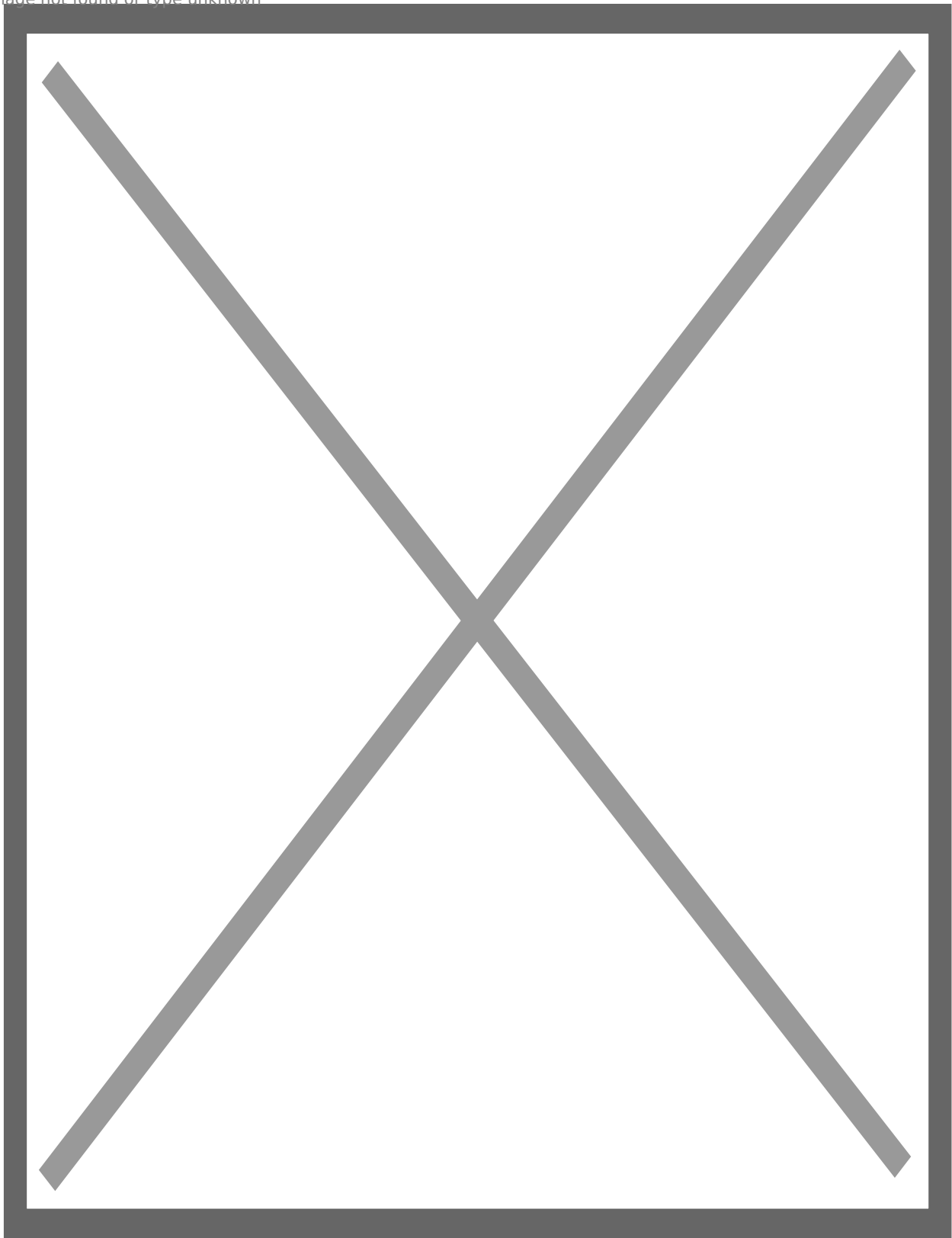


[Epicurean Spiritual Exercises | Counter-Currents](#)

1,291 words Trans. Guillaume Durocher Translator's Note: The following is drawn from Pierre Hadot, *Qu'est-ce que la philosophie antique ?* (Paris: Gallimard,...
counter-currents.com

I think some on this forum flinch at the term "spiritual exercises" but I chalk that up to Hadot's idiosyncracies. This excerpt of his work seems mostly uncontroversial to me, except for bringing up "asceticism". It seems to me primarily a bringing together of some of the practices scattered in Epicurean texts which *could* be a helpful start.

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[Philosophy As a Way of Life](#)

<https://www.epicureanfriends.com/thread/2677-another-mainstream-article-claiming-ataraxia-is-the-goal/?postID=19934#post19934>

Philosophy, as it is practiced today, is abstract, theoretical, and detached from life. In the Greco-Roman world, it was something quite di...

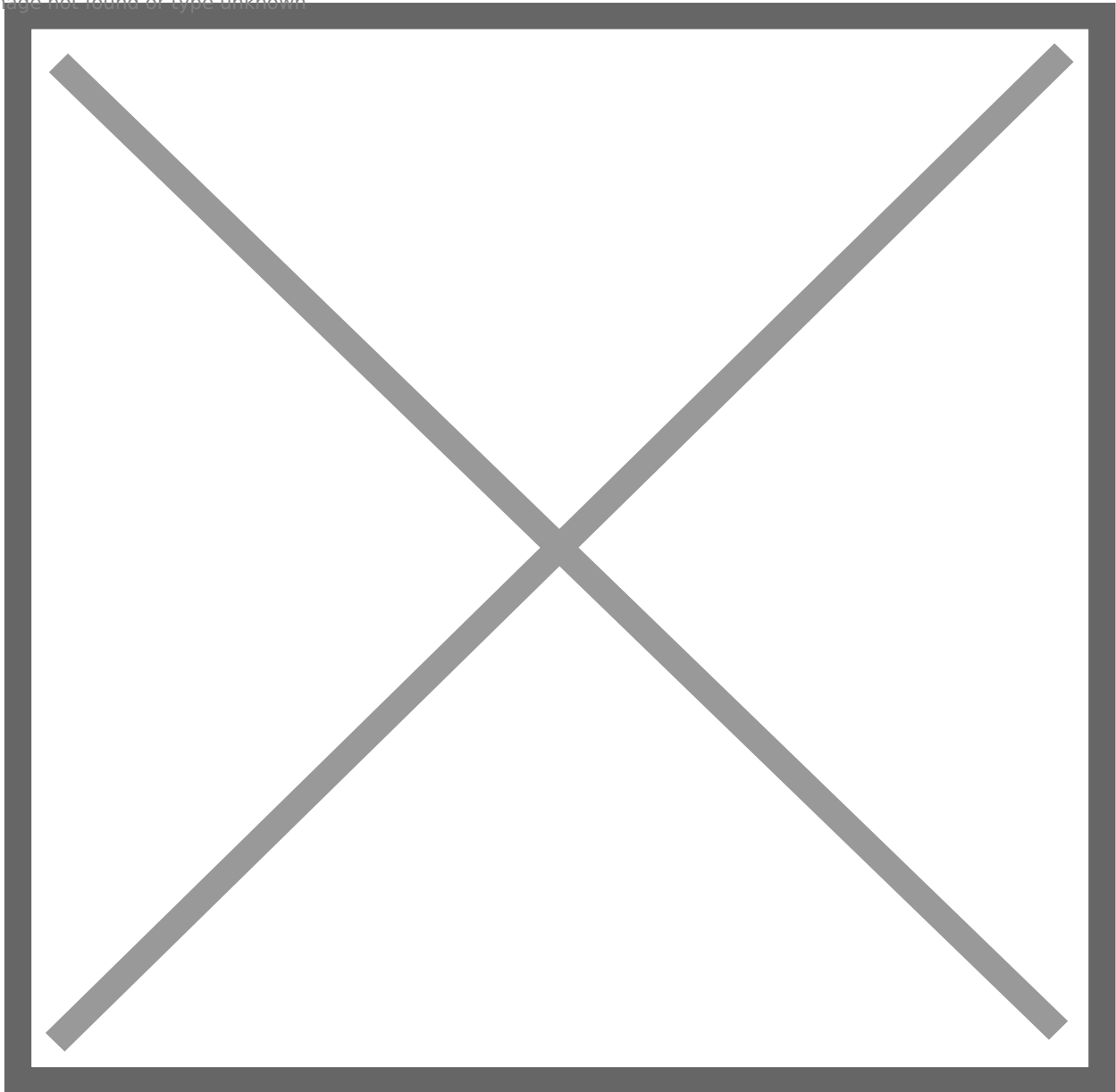
www.nypl.org

Quote

He (Epicurus) was in fact an ascetic. Pleasure, for him, is not sensuality and luxury but freedom from pain and tranquility. If we live a simple life, restrict our desires, free ourselves from the fear of death, and learn to accept our mortal condition, we can have a tranquil life, and recover the simple joy of existing, with a feeling of profound gratitude for life.

AND there it is! In their defense, they're summarizing Hadot who said the same thing above in those excerpts. There's some other interesting items in here comparing the various schools, but the old ascetic trope lives on.

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[Why Epicurean ideas suit the challenges of modern secular life](#)

Sure, Epicureans focused on seeking pleasure - but they also did so much more.
bigthink.com

Finally read this one in its entirety and probably my favorite one of the bunch. This author seems to get it. 👍👍 Not a mention of asceticism!

<https://www.epicureanfriends.com/thread/2677-another-mainstream-article-claiming-ataraxia-is-the-goal/?postID=19934#post19934>