

Another mainstream article claiming ataraxia is the goal

Post by "Cassius" of September 27, 2022 at 10:15 AM

[Quote from Kalosyni](#)

And also, this brings up the firm belief that an Epicurean would not choose to be employed in any kind of high-risk/high-adrenaline enterprises -- or anything which disturbs the physical body or threatens its continuance.

I thought I better comment on this sentence. I think it's consistent with the idea that "in general" an Epicurean would not choose a career in politics or something that depends on the whims of crowds.

But to say flatly that "an Epicurean would not choose to be employed in any kind of high-risk/high-adrenaline enterprises" would IMHO probably be going too far. I doubt that it is the risk or the adrenaline are determinative - those would be according to our judgment as to whether it is "worth it" or not. I realize that applies to politics and fame as well, but I think the closer reading of some of the fragments indicates that Epicurus said we need to be flexible on firm rules and allow for personal preference.

Not only would many of the Roman Epicureans (especially Cassius Longinus himself) be an example of that, but I personally respect the decisionmaking of [Amrinder Singh](#) (member here was killed in an ultralight accident) or Martin (who likes zip line rides - if I had a picture link i would link it 😊)

Obviously it is prudent to be very careful about high-risk activities. But I thought I better mark the point that I would not suggest the strict avoidance of these activities just for the sake of a longer life - just prudence and a careful review of the risk-reward analysis before engaging in them.

Quote from Letter to Menoecus

And just as with food he does not seek simply the larger share and nothing else, but rather the most pleasant, so he seeks to enjoy not the longest period of time, but the most pleasant.