

An Epicurean "Sanity Check"

Post by "Cassius" of February 4, 2019 at 8:43 AM

[Elayne](#) posted this on FB and I think it is a good start:

"Yeah, 7 doesn't make a lick of sense. How about this version of 7:

"So now that I am graduated from my Epicurean education, in the prime of my mental and physical strength of young adulthood, I commit myself to spending the rest of my life paying attention to how the particular actions and circumstances that please me change over time, adjusting my life as necessary to maximize my pleasures, instead of getting fixated on a single regimen which could lose relevance. I will savor my food in the company of friends, whether we have bread and water or a feast. I will avoid those who seek to cause me pain and gather around me those like-minded friends who seek to celebrate happiness together. Together, we will take steps to secure our present and future life of pleasures and share what we learn with each other. And if those who would cause us pain invade our city, we will thoughtfully make decisions to flee, hide, fight or befriend, depending on our best estimates of how this choice will impact our future ability to enjoy life."