

Promising New Book ("Living For Pleasure") and Great New Article ("Are The Modern Stoics Really Epicurean?") Both By Emily Austin

Post by "Cassius" of November 14, 2022 at 2:08 PM

I don't want any hint of negativity to come out at least at this point. I keep coming across passages like this which make me incline to think this is the best book I've read in a long time - she goes right to the heart of many issues:

Quote

Epicurus thinks the key to unlocking our tranquility is a sober evaluation of our desires. Now, you might be thinking that a tidy solution to anxiety would be to adopt a scorched earth approach to desire. If desires produce anxiety, then just stop all that anxiety in its tracks by wanting as little as possible! Some philosophers encourage that kind of austerity, but Epicurus does not. He thinks extreme parsimony is as worrisome as excessive indulgence.¹