

Major (In the Sense of Major Publication) Review of Emily Austin's "Living for Pleasure"

Post by "Cassius" of January 26, 2023 at 11:32 AM

[Quote from Todd](#)

There is basically no situation in which anxiety is more useful than a calm presence of mind.

I agree with that but I am not sure something does not need clarifying. "Anxiety" seems to be used by some people to cover a very wide range of things, including "anger."

I think we can say confidently that there are times when "anger," at least of a type, is indeed appropriate in response to certain circumstances. We've had a recent thread I think with some material from Philodemus on that.

So if "anxiety" means fuzzy operation of the brain or something like that then yes that would "always" be something to avoid. But if the situation demands "anger" then that can sometimes be exactly what the doctor ordered.

Seems like we had something more recent than this, but here's one. Maybe life is just moving too fast for me to judge "recent" very well:

[Epicurean Views On How To Integrate "Anger" Into A Healthy Life](#)