

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

Post by "Kalosyni" of January 26, 2023 at 12:56 PM

[Quote from Don](#)

It seems to me they're using "anxiety" to mean several different things because the word attracts attention.

It looks like it is very important to define the words we use, otherwise it all gets very muddy.

Maybe for our purposes here in what we understand as Epicurean teachings, instead of anxiety we could use the word "worry"?

But then I wonder, should everyone try to live a worry-free life? Is it even possible? Would a worry-free life be worth living? What would you have to sacrifice to live completely worry-free?

Should questions like these remain a personal exploration, so there is no right or wrong or absolute answer that applies to everyone or to every time and place? Or is this a helpful line of discussion amongst friends? (Or is it making things more confusing than they need to be?)