

The Art of Frugal Hedonism

Post by "Cassius" of February 17, 2023 at 6:54 AM

[Quote from Little Rocker](#)

I'll be curious, Don, to find out whether 'frugal hedonism' ends up weighing in on the other stuff--like, you could be a frugal hedonist and still await your heavenly reward or be a frugal hedonist and still think the death of a child is part of a well-ordered cosmos.

Yesterday was busy for me and this sentence took a while to sink in.

Thinking further about it, I realize the implication:. The book title could have been the result of a phenomena that Norman Dewitt specifically mentions, that Epicurus is doomed to be anonymous when praised but named when condemned.

In other words, is the book a "conformist" approach in which someone decided to take everything they could from Epicurus that "sounds good" and strip from it everything that Lucretius' describes as "bitter?"

Given how important the "bitter" part is - in my view it is the real heart of the philosophy - if I woke up in a bad mood (which I didn't) I might be tempted to take a decidedly less charitable view of the book and its title.

Is the book attempting to do for Epicurus what the Modern Stoics do to Stoicism - strip it of integrity and add it to the modern list of anesthesia alternatives?

(Ha that last sentence sounds more harsh than I mean it to be. But the phenomena is a real one, and in the end it *isn't* one to be encouraged in either the Stoic or Epicurean worlds.)