

Welcome Silverwater!

Post by "Silverwater" of February 26, 2023 at 12:48 PM

Thanks for welcoming me to your community! I hope to contribute to pleasurable discussion and learn from all of you.

Apologies for the longer post. Was tough to summarize how I got here. Like a lot of you, it has been a messy, complicated journey with a lot of ups and downs!

I completed the American Dream "successfully" (MBA six-figure salary, spouse, two kids, big house, boat, RV, etc) and was rewarded with depression, poor health, crushing debt, drug addiction, and little personal time.

A little over a year, I radically changed my life. I quit my job, drained the retirement savings, sold most of my possessions, and moved my family of four into a 300sq ft travel trailer. We've lived simply over the past year, taking pleasure in each other and friends, and prioritizing experience over products. We have recently moved into a small house to accommodate our kid's schooling better, but we still live as we did in the camper. Once the main goal in my life wasn't wealth and work, and I stopped seeking happiness from the things that I bought, I felt a sense of peace I've never felt before

A few weeks ago I was walking out of our public library and the book *Living for Pleasure* by Emily Austin caught my eye in the new releases section. I never heard of Epicurus, but given my recent personal changes, I thought it would be worth a skim. I quickly learned that the ideas of Epicurus are not something read, but felt, and I think that is one of the huge differences between this and other philosophies (and self-help). Since this is based off natural science, most of the ideas will have justification/evidence in our own lives, feelings, and behavior. There is no need for additional "fluff arguments" to support opinionated foundational claims.

Thank you for the read! I hope to get to know some of you a lot better through discussion and debate!

-Chris