

# New Article By Emily Austin - "How To Live Like An Epicurean"

Post by "Cassius" of March 23, 2023 at 6:06 AM

Reading it now and it is a great article! I hope at some point we can get Psyche magazine to correct what appears to be a typo right in the middle of a critically important passage. Probably the "and" should be dropped where I highlighted in red, or "but neither" substituted?

Tranquility, though, is not the only pleasure worth enjoying, even if it is all we strictly need for satisfaction in times of scarcity or distress. Epicurus was no wanton profligate, and nor was he a promoter of radical asceticism, a hedonist in name only. While Epicurus thinks we can readily maintain tranquility when circumstances limit us to the necessities, he encourages us to pursue and savour opportunities for joyful pleasure when circumstances allow. In fact, he thinks a baseline appreciation of having all we need allows us to appreciate extravagances more than other people. As he puts it, 'those who least need extravagance enjoy it most.'