

# Would You Rather Live For A Week As (1) Epicurus During the Last Week of His Life or (2) An Anonymous Shepherd Laying In The Grass In The Summertime With No Pain At All?

Post by "Onenski" of September 8, 2023 at 10:05 PM

## [Quote from Cassius](#)

But would Epicureans agree that there are no "preferable" people, activities, or ways to live, that we we ourselves can decide to be preferable?

I'll try to answer. Have you considered that maybe the "what" is less important than the "how"? I mean, possibly there's not a specific and universal activity or object to pursue that brings pleasure in general, but there's a way to do it or to get it: the virtuous one.

So far as we know, the virtuous life is the best way to live a pleasurable life: prudently, safely, friendly, painlessly, etc. Virtue is sensible to context: it tells that you'll get a lot of pleasure with food *if you're hungry*, that you'll get pleasure with water *if you're thirsty*, that you'll enjoy a videogame *if you're bored*, or that you'll enjoy reading a book *if you're in the mood to do it*.

Not everybody enjoys the same things evidently, but it's also true that not everyone is in the same circumstances or have the same background.

Maybe you will think that my answer is circular, because virtue is the instrument to maximize pleasure. So when I recommend a virtuous way to live I'm just saying that a pleasurable life is that with pleasure. My point is that Epicurus recommended a life with prudence, and I think now I understand why it's the source of pleasure: prudence indicates how you can maximize the pleasure (reduce pain) with any activity (even if you're in bed with kidney stones).

So my answer is: possibly that thing that can bring pleasure to everyone, no matter their context, age, education, etc., is virtue (specially prudence). A shepherd without prudence will waste his resources and time. The good news is that we don't need to be Epicurus, or Socrates, in order to have prudence. 😊

I really hope this answer have some sense, because I'm not sure if I understood completely the question in dispute. 😊