

For Me Personally, The Most Fundamental Attitudinal Adjustment That Comes From Epicurean Philosophy: "Live Like You Were Dying"

Post by "Kalosyni" of September 26, 2023 at 9:52 AM

[Quote from Cassius](#)

For me, there is no way that Epicurean philosophy can be understood properly without always keeping in mind this core idea: that we are mortal and that we need to "live like we are dying" - because we are.

I think that there are many ways to expand upon this, because we are also animals who have a life expectancy depending on our health. So we need to take that into consideration. If a doctor visit reveals metastasized cancer then that person is going to make different choices than a person who has potentially 50 more years to live.

It costs money to do things like travel and going sky-diving (or other activities of choice) and so it's a balance between enjoying one's health and vitality (being active and doing things) and considering one's life expectancy. But when you realize what is most important to you, then you can determine the "opportunity cost" involved. And we only have so much time, so we have to make peace with that as well, since it is possible to have lots of projects that we want to finish, but that we may not actually be able to finish them all.

Quote

In [microeconomic theory](#), the **opportunity cost** of a choice is the [value](#) of the best alternative forgone where, given limited [resources](#), a choice needs to be made between several [mutually exclusive](#) alternatives. Assuming the best choice is made, it is the "cost" incurred by not enjoying the *benefit* that would have been had by taking the second best available choice.[1] The [New Oxford American Dictionary](#) defines it as "the loss of potential gain from other alternatives when one alternative is chosen." As a representation of the relationship between [scarcity](#) and choice,[2] the objective of opportunity cost is to ensure efficient use of scarce resources.[3] It incorporates all associated costs of a decision, both [explicit](#) and [implicit](#).[4] **Thus, opportunity costs are not restricted to monetary or financial costs: the [real cost of output forgone](#), lost time, pleasure, or any other benefit that provides [utility](#) should also be considered an opportunity cost.**

Source: [Wikipedia](#)

Regarding the quote from Lucretius, Book 3 :1053 - that is a description of a person who is "lost" and feels restless, anxious, and bored. And that individual definitely needs to take a metaphorical drink of wormwood (rimmed with honey!). The wormwood is bitter and so is the contemplation on one's own death. And this type of person is going to likely need to "take the treatment" multiple times.

Perhaps talking and eating cake at a ["death cafe" meeting](#).