

External "Goods" Impact Eudaimonia

Post by "Don" of March 9, 2024 at 5:02 PM

[Quote from Cassius](#)

Satisfaction of desires isn't sufficient there either because you still have to ask "what desires?"

To my mind, from an Epicurean perspective, it's not satisfaction of "specific" desires but more being satisfied - taking pleasure - in what is currently available... while at the same time being open to luxuries when they become available. It's the "maza and spring water" (barley bread/meal and water) in the Letter to Menoikeus. It's taking pleasure and satisfaction in the day to day things, not scraping, striving, fighting, etc after "empty" desires like unlimited fame, unlimited wealth.