

New "Medium" Post Referencing Epicurus and "Living For Pleasure"

Post by "Kalosyni" of June 18, 2024 at 4:01 PM

This article by Thompson is somewhat typical of pop-psychology / self-help articles, which aim to bring up tips for living well.

And so it brings in a feeling of eclecticism, for example when it mentions Sam Harris, and further ideas.

Overall there is a chance that it may end up causing someone misunderstand some of the deeper details of Epicurean philosophy.

And this struck me as an odd thing to think, unless you were sick on your deathbed:

Quote

In Epicurean terms, the desire to live also falls on this spectrum. *Tomorrow* can be thought of as an Extravagant desire. We would welcome it and enjoy it if it comes, but it's not Essential. All our tomorrows are extravagances.

So that gives an idea of not to be concerned about the future, and it seems contradictory a few paragraphs further down by saying you will consider yourself like a future friend.

Quote

Secondly, to avoid suffering and seek pleasure *for ourselves in the future*. This means balancing things that might be enjoyable in the moment with the suffering that might bring down the line. You can almost think of your future self like a friend, and think of how your actions might affect them.

And also the part which talks about "needs" has some issues that muddy up the waters. I may have more to say on that later.

Edit note: Edited this greatly to increase clarity at 4:32pm ET.