

How to Live in Times of Upheaval: The Categories of Desire

Post by “Don” of August 8, 2024 at 5:26 PM

I didn't address [Godfrey](#) 's original thesis!

I would argue that Epicurus expects his students to apply his philosophical methods in both good times and bad, in times of upheaval and in times of jubilation.

The questions you pose are intriguing and would serve as a good starting point for planning ahead in those times of upheaval that inevitably arise in our lives. They also seem to get at those aspects of our lives over which we have control and those which are subject to chance. Making the most of those parts of our lives that we do have control over - that we have agency over - seems to me a big part of Epicurus's philosophy.