

# "Self Help Is Like a Vaccine" by Bryan Caplan

Post by "Kalosyni" of October 8, 2024 at 9:18 AM

## [Quote from SillyApe](#)

I think our society is slowly becoming more aligned with Epicureanism, even if most people have never heard about Epicurus.

## [Quote from SillyApe](#)

the wisdom of how to deal with life in a way that maximizes pleasure and minimizes pain.

Yes, you can certainly see situations in which individuals are implementing good choices and avoidances.

And, yet there are many areas in which some of the "stickier" existential Epicurean philosophical points are not making much headway.

For example, death with dignity: on the one hand it may seem like this is moving forward, but you can read an article [here](#) about how few states in the US allow it (and you cannot just fly to another state, but you have to be a resident of that state and go through a very long process). And if you read the news about what happened with the [Sarco pod](#), you will also see how the resistance (likely due to deeply held religious/spiritual beliefs).