

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

Post by "Kalosyni" of October 11, 2024 at 11:27 AM

## [Quote from Cassius](#)

The switch has to be made from thinking that Epicurus was preaching tranquility and asceticism as his goal to understanding it as it appears the ancients understood it: that "pleasure" includes every aspect of life that we find valuable, and that given the shortness of life - every aspect that isn't unproductively painful is in fact pleasurable. We even choose pain on a regular basis when we expect it to lead to greater pleasure.

On an individual level we can make choices, based on our sensations and our needs. The entire spectrum from quietude/rest to fully active/fast movement is all conducive to bringing pleasure when a person is clear-minded.

Yet, there are still the needs of the "group" and here I am referring to a given group of Epicurean students and friends -- and I think the ultimate goal would be to hold in-person gatherings. If the group has mostly introverts, then the choices for the group will be different than the choices for a group of extroverts. And if you end up with a mixed group of both introverts and extroverts, then perhaps there will be less group cohesion with differing ideas, wants, and needs.

I would venture say that some introverts are more physiologically sensitive to their pain receptors (both bodily and mentally) and also process sensory input differently -- I think I posted some articles over in the "Practical applications/Lifestyle" section of the forum a while ago on this (will need to find them).

## [Quote from Cassius](#)

As long as the false focus on "tranquility" and "simplicity" and other aspects that are not ends in themselves remains the standard interpretation, Epicurean philosophy will remain in the shadows.

We need to have a detailed yet quick way show how this false interpretation is incorrect, and use quotes from Epicurean sources -- likely there already something in the FAQ section of the forum. And we all need to be able to explain it in just a few sentences.