

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

Post by "Patrikios" of October 11, 2024 at 2:27 PM

## [Quote from Cassius](#)

As I see it the number one hurdle to get across - with nothing else being close - is that of arguing the evidence supporting the view that Epicurus' "absence of pain" does not mean "absence of activity," but instead embraces *every* activity of human life that is not painful.

I can certainly see the value of seeking ataraxia, tranquility of mind. But I understand the greater good we are seeking is **eudaimonia**, happiness. What helped me see the ultimate value of an Epicurean practice is Christos Yapijakis writing on **eustatheia**, "stability", what medical practitioners today call **homeostasis**, psychosomatic balance.

The writing is: "**Epicurean Stability (eustatheia): A Philosophical Approach of Stress Management**", by **Christos Yapijakis** and **George P. Chrousos**, medical professionals teaching at National and Kapodistrian University of Athens, Greece.

So, **eustatheia** is the goal of complete harmony with mind, body & spirit. But it is the unperturbability, calmness resulting from an epicurean practice that enables us to demonstrate by example the benefits of this practice. I find myself asking: WWED - "what would Epicurus do" in this situation. This can also lead to what athletes like to achieve when they can perform in "the zone".

**One way to consider growing the Epicurean community would be to emphasize the "optimal living", "be the best you can be", aspects that results from a practice of achieving physical, mental & spiritual balance (homeostasis) in their lives.**