

"Self Help Is Like a Vaccine" by Bryan Caplan

Post by "Patrikios" of October 11, 2024 at 4:57 PM

[Quote from Cassius](#)

In addition, however, there are major philosophical issues that Epicurus was addressing that tend to get crowded out if one focuses only on "balance" or "tranquility" or any other single tool toward the ultimate goal. I suppose one might say that it is important to take a "balanced" approach even to balance, and to recognize that there are many other day to day decisions that must be made on which Epicurus had very many important things to say.

From my reading of Yapijakis and Chorousos, this writing didn't just focus on 'psychosomatic balance', but broadly reinforces many of our core principles - the pursuit of inner peace, the importance of friendship, the value of rational thinking, and the focus on achievable, natural pleasures rather than vain desires. It provides a strong historical and philosophical foundation for our approach to stress management and the pursuit of happiness. Notice the importance of prudent, rational decision process. Here are some quotes from the article to highlight the 'balanced' approach.

*"According to Epicurus, eudaimonia is a hedonistic steady state of being (καταστηματικὴ ἡδονή, static hedone) free of agitation and pain. The happy life could be achieved only by **prudent people**, who on the one hand do not have irrational fears of gods and death, while on the other hand recognize their irrational, unnatural and unnecessary desires and avoid them. People who want to live happily should exercise their practical wisdom to understand the nature of their emotions as criteria of truth, to allow the expression of the useful ones and to control that of the disruptive ones."*

*"According to **Epicurus, eustatheia is achieved by controlling stress and the quality of life by means of prudence and other virtues, goodwill and friendship.**"*

"Considering that philosophy is the cure for mental distress, Epicurus proposed specific philosophical "medicines" for achieving psychosomatic eustatheia and eudaimonia, which are timeless, as long as the biological nature of humans remains the same."