

# Why Minimizing All Desire Is Incorrect (And What To Do Instead)

Post by “Matteng” of December 4, 2024 at 4:09 PM

Yes the natural / necessary desires are of the highest value. Without them life declines like in a depression

Often these desires are shortened as desires for the stomach, a prejudice from Cicero/Stoics/Platonists which say „ we desire perfect knowledge and harmony with the cosmos, you Epicureans only to get your stomach full...”

But the core embraced desires include

- Body / health (Aponia)
- Life/ Security (Life means more than having a healthy body, sometimes we have to sacrifice health or choose pain for living )
- Happiness /Eudaimonia/Ataraxia

( which means more than simply to live, you can live a miserable life with an troubled frustrated mind and sometimes we limit/ sacrifice our life or parts for our values, like in extremes dying for a friend/ love/community / or our dignity )

So natural/necessary desires include a whole set of personal values and Emotions imo and how I understand the letter of menocesus.