

# Episode 264 - "Bread and Water!!?? Debunking The Myth of Epicurean Asceticism"

Post by "Don" of January 24, 2025 at 10:35 AM

I know I said desires come in 4 categories and only mentioned 3. Mea culpa.

In my defense, I was thinking of this from the letter to Menoikeus (and yes I'm splitting this idiosyncratically):

- Furthermore, on the one hand, there are
  - the natural desires;
  - on the other, the 'empty, fruitless, or vain ones.'
  - And of the natural ones, on the one hand, are
    - the necessary ones;
    - on the other, the ones which are only natural; then,
    - of the necessary ones:
      - on the one hand, those necessary for eudaimonia;
      - then, those necessary for the freedom from disturbance for the body;
      - then those necessary for life itself.