

# What place does "simple" have in Epicureanism?

Post by "Patrikios" of January 29, 2025 at 6:41 PM

[Quote from Al-Hakiim von Grof](#)

To me, this is the spirit of "**the simple life**"; avoidance of that which one finds excessively laborious. The simple life is one in which **prudent planning** ensures your needs are met, your health of mind and body is maintained, and pleasures abound, all with only exactly as much effort as is required and no more.

[Al-Hakiim von Grof](#) RE: "a **laborious life** was inconsistent with the perfect bliss of the gods"

Thanks for that clarification to avoid "excessively laborious" actions. Certainly, we should labor to meet the simple daily needs for ourselves and our family. We can find pleasure in laborious tasks that build something beautiful that gives ongoing pleasure to us or to friends and families, or local community. I fully agree with your definition of "*the simple life*". For me that definition of "**the simple life**", is one where these "*simple*" actions or avoidance of actions leads to a **balanced/stable & fulfilling life** (*eustatheia* & *eudaimonia*).