

Why pursue unnecessary desires?

Post by "Rolf" of May 2, 2025 at 5:11 PM

[Quote from Titus](#)

It enables us to enjoy and enrich ourselves with all that tiny little good influences around us. Good food (especially food!), a nice breeze under a blue sky, a vibrant talk with a friend while walking a thriving urban landscape or a magnificent peace of nature. There are so many good things around all the while, hence I'm not seeking for more, for the better, for the Everest. I am just satisfied and happy.

Beautifully written, Titus.

[Quote from Titus](#)

I know Cassius' is fighting the image of the minimalist frugal Epicurean who lives on bread and water but I would like to see more sensitivity as to why there is a category of "unnecessary desires" in the first place.

I agree - I could definitely benefit from deeper discussion of the necessary/unnecessary split. That said: I forget where I read this, but I've heard it said that necessary desires are those that cause pain when not fulfilled (eg. Hunger, tiredness), while unnecessary desires do not cause pain when not fulfilled (eg. A fancy meal). Correct me if I'm wrong on this.