

# What Makes Someone "An Epicurean?"

Post by "Cassius" of May 16, 2025 at 9:42 AM

## [Quote from Kalosyni](#)

lives neither as a secluded ascetic, nor as sleepy sluggard or addict, nor as a wild bohemian party animal, nor as a work-aholic -- but instead finds a pleasing and pleasant sense of a well functioning life.

All of which are theoretically perfectly acceptable lifestyles, and in fact in some instances may be a rational choice, but which we also recognize as generally leading to unhappy / unpleasant results including sickness, disease, isolation, and earlier-than-otherwise death, for which reason it is generally good advice to avoid them.

## Quote

[PD10](#). If the things that produce the pleasures of profligates could dispel the fears of the mind about the phenomena of the sky, and death, and its pains, and also teach the limits of desires (and of pains), we should never have cause to blame them: for they would be filling themselves full, with pleasures from every source, and never have pain of body or mind, which is the evil of life.