

Daily life of ancient Epicureans / 21st Century Epicureans

Post by "Rolf" of May 25, 2025 at 4:01 PM

[Quote from Robert](#)

Habitual attachment to an unnecessary pleasure creates mental turmoil

Good point Robert - sort of an inverse of Menoeceus 131:

"To grow accustomed therefore to simple and not luxurious diet gives us health to the full, and makes a man alert for the needful employments of life, and when after long intervals we approach luxuries disposes us better towards them, and fits us to be fearless of fortune."