

Epicurus' Hierarchy of Needs

Post by “Don” of June 2, 2025 at 10:40 PM

[Quote from Rolf](#)

I use the word "extravagent" as it's the word Emily Austin uses in her book to describe natural but unnecessary desires. I agree it's not the perfect word though - if I recall correctly, Austin doesn't think it is either.

Agreed. It's not perfect by any means, but I remember Dr. Austin saying in our interview episodes that there was NO WAY her editors were going to let her use "natural and necessary" and "natural but no necessary" over and over again the book 😊 She had to come up with something.

I also don't think it's perfect, but I like the idea that the word conveys that there is *nothing* wrong with enjoying things "above and beyond" what are considered necessities.