

# **Does The Wise Man Groan and Cry Out When On The Rack / Under Torture / In Extreme Pain?**

**Post by “DaveT” of June 18, 2025 at 2:54 PM**

I'm enjoying this conversation. As I read and look to apply the lesson to myself, I'm reminded of Thomas Jefferson's language in the American Declaration of Independence that we are entitled to the "Pursuit of Happiness". It's not a static state. To me, the message of Epicurus is to think about what we do as we pursue a contented daily life. Constant awareness is not possible, I think. But doesn't Epicurus teach that we are to be mindful of our short and long term choices? Especially when hard times hit? My dad used to chastise me as a kid when I made the wrong choices, "Just use your head!"