

What place does "simple" have in Epicureanism?

Post by "Kalosyni" of July 4, 2025 at 1:58 PM

[Quote from Kalosyni](#)

So often self-help websites give out a recommendation to return to a simple lifestyle, as an antidote to the "too much" of modern life (too much noise, too much traffic, too much commotion, too much stuff).

And yet, it seems this is an individual issue, as it is really about what feels right for each person - Epicurean philosophy says to pay attention to what feels pleasant and pleasurable. So some people may not need "simplicity".

What brings pleasure and what brings pain, can be different for different people. For example as [Adrastus](#) mentioned birthday cake above, and I often find that the idea is more pleasurable than the experience, and that is because many people think that it needs to be a certain level of sweetness (ie very sweet). But for myself I find that the best cakes are less sweet AND they are homemade with quality ingredients - and there is nothing "simple" about a well-made homemade cake! 😊 ...and well-made homemade chocolate cake, yum!...doesn't come about for me too often, so I really enjoy it when I have it.