

# What place does "simple" have in Epicureanism?

Post by "Kalosyni" of July 4, 2025 at 2:08 PM

## [Quote from Adrastus](#)

I come to unfortunately subtly resent opportunities to get free food or items or really much of anything, because I want to continue to appreciate and like things that I could continue to appreciate, and like if there weren't always in such ready supply or unwittingly thrust upon me. More often getting "free" things becomes a felt loss of some sense of pleasure in the food in question or devalues items generally

This brings up the idea regarding the necessity to develop positive attitudes and then eventually habits in relation to things, and spurs on some further thoughts... going further with VS35 which Don quoted above...my own attitude for "free" things is "wow, it just happened by chance that I was in the right place at the right time, and this really good thing happened, and I think "how lucky I am!" and then savor things AND file the experience away as a happy memory to reflect upon. And yet, thinking further I also did something to increase my chances to experience something pleasurable...I had my eyes open for opportunities and I took certain actions...and basically I am seeking to add pleasure into my life.