

What place does "simple" have in Epicureanism?

Post by "Adrastus" of July 6, 2025 at 9:41 AM

I think for me at least the difference between Toxic Positivity and whatever we may deem as healthy, is having methods to be comfortable and ultimately resolve any painful, unpleasant or relationship altering feelings. Still though, happiness is a choice we are making even knowing at least a fair amount of what the world gets up to by choosing to resolve, or at least seek to resolve, emotional and psychic tensions; as opposed to my experiences with resignation to despair and the tug towards oblivion which others certainly experience. It's a lot harder for me to be in relationship, excel at work, parent the children exceptionally, not go on ceaseless benders and so forth; without a bit of cocksure confidence, being silly, a bit of revelry and ultimately giving less of my cares to tragedies and impending doom, even when acknowledging the logical implication that I am saying people ought to care less about me and mine as some mere strangers, or outliers.