

# Defining and Summarizing Epicurean Ethics

**Post by “Kalosyni” of December 18, 2025 at 3:10 PM**

Also, adding in from Usener fragments...

48. It is better for you to be free of fear lying upon a pallet, than to have a golden couch and a rich table and be full of trouble.

Which could be shortened to: -----> A calm mind free from disturbance is more valuable than external riches.