

Welcome JLPENDALL!

Post by “Cassius” of January 11, 2026 at 6:09 AM

[jlpendall](#) tells us:

Hi Cassius!

I learned a little bit about Epicurus decades ago, but it was only after basically a lifetime of practicing various philosophies that his take on things started to click.

At 39, I'm starting the classic struggle of coping with the ravages of age. 2025 was full of different health concerns, culminating in sciatica that knocked me flat from Christmas Eve to New Year's Eve.

Once the pain faded, I realized that its absence was a pleasure in itself. Since then, I've been trying to make mindfulness of absence part of my daily life. I'm focusing on the body, but there are many pains that I've been in that are absent at the moment, and that's something to appreciate.

I'm still struggling with unhealthy habits from my more negligent hedonism. I'd like to find enough joy in ordinary painlessness that I don't feel the need to dope myself with carbs and fanciful daydreams anymore.

Most of all, I've always sought a community.