

Would It Be Fair To Say That Epicurus Taught "Lower Your Expectations And You'll Never Be Disappointed"?

Post by "Bryan" of January 26, 2026 at 10:05 PM

My highest expectation, hope, and desire is for personal peace -- and a similar well-being of peace for my friends: what greater thing could be desired?

This is not a low expectation, but a very high one -- and one which our philosophy supports very well.

However, from another angle, this may well entail "lowering your expectations" if they are insupportably high!

Not one of us can significantly change the mass flow -- of the ocean, of the air... etc.