

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

Post by "Kalosyni" of January 27, 2026 at 6:02 PM

From Torquatus:

"More, any pains that the Wise Man may encounter are never so severe but that he has more cause for gladness than for sorrow. Again, it is a fine saying of Epicurus that 'the Wise Man is but little interfered with by fortune: the great concerns of life, the things that matter, are controlled by his own wisdom and reason'; and that 'no greater pleasure could be derived from a life of infinite duration than is actually afforded by this existence which we know to be finite.'"