

Current Series - Summarizing Epicurean Answers to Academic Questions

Post by “DaveT” of February 1, 2026 at 8:19 AM

[Quote from Kalosyni](#)

Perfectionism and black-and-white thinking (and other problems).

This quote from your post refers to Platonism/Aristotelianism. Indeed so! And can we agree though, that on some occasions we benefit from the black and white when we need to make a decision? Philosophically speaking I also find a significant degree of Epicureanism in Western culture, too. For instance modern clinical psychology's use of cognitive therapy and even the mindfulness culture focus on reducing pain (suffering) by focusing on being "in the present moment" to avoid dwelling on the past or being anxious about the future. I wonder how many other ways our culture encourages Epicurean lifestyles without naming it as such? Perhaps it would be an interesting exercise /discussion to make a list.