

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

Post by "kochiekoch" of February 1, 2026 at 8:33 PM

Nope, I don't think Epicurus would say to lower your expectations and you'll never be disappointed. In point of fact, he says there is a limit to simple living, and the person that goes to extremes of simple living is a bad off as the person that goes to extremes of extravagance.

[Vatican Saying 63 - Epicurus Wiki](#)

The people who thought you should have the lowest expectations of all were the Cynic philosophers. These guys only possessed a cloak, staff, and a bag for whatever they could beg. Cheap living for sure but sleeping outside in the cold weather, with only a cloak. isn't the most pleasant lifestyle. 😊