

What Would An Epicurean Use In Their Toolkit For Making Their Hedonic Calculus?

Post by “godek” of July 18, 2019 at 1:58 PM

[Quote from Godfrey](#)

Yesterday I was listening to a podcast of an interview with the author of the book Stress Proof:

<https://www.artofmanliness.com/articles/podca...body-and-brain/>

The author is a neuro-opthamologist (I never knew there was such a specialty!) so her approach is very biologically based. [godek](#) , there was some discussion of depression as it relates to stress, which is why I'm posting. But of interest to me was the contention that uncertainty is the greatest contributor to stress and some discussion of removing uncertainty, which sounded a lot like autarchy. The author professed her enthusiasm for Stoicism, but the material presented seemed more Epicurean to me! Anyway it's worth a listen; I plan to read the book sometime soon.

yes epicureanism gives us some certainty. But I think epicureans are fine with some uncertainty as being too certain turns into dogma and just as bad as religion with it's superstitious beliefs. There is a famous quote that goes like this "only fanatics are so certain and the wise so full of doubts." I think there is some things in life that we can be certain of. [Cassius](#) am I wrong about that? I think there is some epicurean maxim or quote about accepting new facts when we get new facts in through our senses.