

# Welcome Aeneadum!

**Post by “Kalosyni” of April 15, 2026 at 8:56 AM**

Welcome to the forum [Aeneadum](#)

The greatest motivation for quitting addictions is realizing that the pain outweighs the pleasure. Also, the strong desire to feel healthy again, and the strong desire to do what is necessary to maintain long-term health and put effort into that which enables one to enjoy a long life of health.

There is a thread (maybe more than one) regarding 12-step and Epicureanism. I'll see if I can track it down and post the link when I find it.