

# Comparing Modern Ideas vs Epicurean Ideas on Well-being and Joy

Post by “Kalosyni” of June 24, 2026 at 1:47 PM

[Patrikios](#) - Here is are some comparisons to textual references in Epicurean philosophy, mapped according to some of the points in Post 1 above (although some of these may be more loosely related)...

## **Cultivate Gratitude**

“The wealth demanded by nature is limited and is easy to procure; but the wealth demanded by vain ideals extends to infinity.”

— **PD 15**

“Do not spoil what you have by desiring what you have not; remember that what you now have was once among the things you only hoped for.”

— **VS 35**

## **Practice Mindfulness** (being fully present now)

“The future is neither wholly ours nor wholly not ours, so that neither must we completely expect it nor despair of it as if it would not come.”

— **PD 14**

“Accustom yourself to think that [death is nothing to us...](#)”

— Letter to Menoecus, **§124-125**

## **Embrace Continuous Learning**

“Let no one delay the study of philosophy while young nor weary of it when old; for no one is either too early or too late to secure the health of the soul.”

— Letter to Menoecus, **§122**

## **Find a Sense of Purpose**

“We must study the things which produce happiness, since when happiness is present, we have everything; when it is absent, all our actions are directed toward attaining it.”

— Letter to Menoecus, **§122-123**

## **Nurture Relationships**

“Of all the things that wisdom provides for the happiness of the whole life, by far the greatest is the possession of friendship.”

— **PD 27**

“Friendship dances around the world proclaiming to us all to awaken to blessedness.”

— **VS 52**

### **Help Others**

“Every friendship is desirable in itself; but it had its beginning in usefulness.”

— **PD 23**

### **Nourish Your Body**

“Plain fare offers the same pleasure as a luxurious table when once the pain of want is removed.”

— Letter to Menoecus, **§131**