

Marriage, Children, & Personal Relationships - Greater Difficulties and Risk Can Make Them Harder Than Ever. Epicurean Perspectives on Remedies

Post by "Kalosyni" of August 3, 2026 at 6:08 PM

Quote from Titus

I'd rather prioritize simple structures within my life, being deeply intertwined with everything and everybody I am connected to.

... ..

... a key problem of modern societies is externalization. The world is a big place. We rely on too many factors, instead of living according to simple principles . I know that not everything in life can be made simple, but we can try to do so. With every little step we get more control and effectively will feel more in control, which is what in the end reduces stress and anxiety.

Titus I hear you regarding the unnecessary stress of modern life.

Some further thoughts coming up, and also in general for anyone else reading this:

The word "simple" often comes up in discussion of Epicurean ethics, and I just want to say that I think that this is a very subjective word which will look different for everyone. My "simple" will look different than your "simple".

And most importantly if we, as Epicureans, pursue "simplicity" it should only be by accident, and a label we might attach after the fact of choosing something. Because we are choosing for the sake of more pleasure (or removal of pain which opens up space for more pleasure).

For myself, I don't think that there is anything "simple" about my choosing to drink water with dinner instead of wine, but other people might be judging it as such. I drink water because it pleases me most.

As for lifestyles and stress/anxiety, a word of caution regarding the idea of "gaining control"...first of all this can be a slippery-slope and turn into an obsession of "removal of all pain", but we are humans not gods, so there will still be pain entering in our lives at some point, and we can't control everything.

Yet, here is my advice for people who feel troubled by a lot of stress in modern life: if you can, figure out how to move to a smaller city or better yet a very rural location. Of course making a living is important, but perhaps changing to a type of work which you can do remotely via

<https://www.epicureanfriends.com/thread/5177-marriage-children-personal-relationships-greater-difficulties-and-risk-can-make/?postID=40915#post40915>

internet (although now with AI coming those jobs may be diminishing).