

Continuous Life Improvement

Post by “Garden Dweller” of November 12, 2019 at 1:53 PM

Tell me if I am over-interpreting the Epicurean approach:

A student of Epicurus, when confronted with a pain causing problem, will use a strategic method to relieve the pain, including:

Analysis of the root causes of the problem, which may be complex and not easily discerned.

Consulting with others on how best to resolve the problem, including use of the body of knowledge obtained through scientific method.

Respond to the problem by means of a strategy focused on achieving a state of pleasure, which may be by use of a number of complex problem solving methods, if needed.

Simple problems may have simple solutions, but more difficult problems may need a coordinated approach with a number of methods.

This is what I mean by rational decisionmaking.