

**Post by "Cassius" of February 15, 2020 at 3:42 PM**

I just read the article I linked and I completely agree with it -- but spurred by recent other conversations here (discussing consumerism), I would add more:

Major Point One is -- You have focused on several of the major causes of anxiety - improper priorities for fame, money, and power.

Depending on the audience, those are indeed common issues that need to be dealt with.

But in addition to those, Epicurus placed fear of false religion, and fear of death, even higher on the scale of things needing to be dealt with, so it's good not to forget those, and to keep those in context.

Also, you have said -

"Anxiety destroys you and the people around you. It destroys your present thereby destroying your future as well. It does this by forcing you to sacrifice what exists to pursue something that does not exist."

Yes that is absolutely true true -- misplaced priorities result in wasted time.

I would add that the real problem with anxiety is that it is PAINFUL, and that time spent on being anxious rarely ends up reducing future pain, or leading to future pleasure. It is as you say DESTRUCTIVE because it results in more pain and reduced pleasure.

Ultimately that result -- more pain, less pleasure, is "why you need to get rid of anxiety"

Major point two is - You have focused on things that we have some fairly direct control over, and can fairly easily deal with, just by a change in attitude. But there are many things in life that JUSTIFIABLY create anxiety - fear of getting mugged or murdered on the street, fear of disease or accident or simply fear of wasting your life.

Those things require affirmative work on your part (if they are preventable or reducible at all) to rearrange potentially many aspects of your life that go far beyond your attitude. They may require changing the location where you live, your occupation, the things you eat, the people you associate with -- all sorts of things that are not so easy as a simple change in attitude.

There's nothing at all wrong with your article but recent discussions reinforce in my mind that what we're talking about here is a hierarchical process where it is very easy to get focuses on one particular rung on a "ladder," (or use whatever "path" analogy sounds good) while at the

same time forgetting that we are on a ladder and that the ladder leads somewhere.

Not only is it easy to forget that we're on a ladder and that the ladder needs to lead somewhere, the real problem is that tremendous numbers of people have never even been introduced, much less understand, what the true goal of life is, and that this life is our only chance to do whatever it is we want to do.