

How epicureanism has been helping me deal with overindulgence

Post by “Cassius” of January 25, 2018 at 5:16 AM

That's a great description of the process. We can combat overindulgence by trying to suppress the immediate pleasures by appeals to false religious/idealistic ideas, or we can combat it by acknowledging that pleasure really is our goal, and that if we really do want to maximize our pleasure we have to avoid going too far with certain activities that are beyond our ability to handle them without punishment through excessive pain. To me the latter argument is far more persuasive than the first.

It also helps a lot to be able to talk about and compare experiences with other like-minded people, so thanks for participating in allowing us all to do that here!