

# Managing Expectations In The Study of Epicurus

**Post by "Godfrey" of May 8, 2020 at 6:32 PM**

Regarding "cookbooks," I have mixed feelings. I completely agree that there is no one size fits all formula for "how to be an Epicurean." On the individual level I think it can be helpful to have one's own personal go-to "recipes" but there's a danger in mindlessly following them. They can only be one part of the "navigating system" (to mix metaphors).

For my personal context I've come to EP on the verge of a life transition and after several decades of ignoring and/or suppressing pain and pleasure. So this has me 1) re-examining priorities and 2) trying to reawaken to pain and pleasure. I may be unique in this but I would guess that from time to time just about everyone does this to some degree. Also, I was raised as a Presbyterian but long ago left that. I've always lived in the western US so my perspective on religion (and many other things lol) is far removed from what I understand of the South. I get great joy in realizing the folly of gods and idealism but I particularly appreciate that Epicurus came up with an integrated approach to point out that folly and to live a complete life based on this and other observed facts.