

# Managing Expectations In The Study of Epicurus

Post by "Don" of May 9, 2020 at 11:01 AM

Just some general thoughts on the topic. An interesting one! Thanks for getting this thread going, [Cassius](#) and [Godfrey](#).

I see what you mean by one size not fitting all, but it seems to me that Epicurus and classical Epicureans were apparently big into supplying epitomes and summaries, both large and small (They were also fans of multi-volume behemoths), for ease in memorizing and really embedding the doctrines in one's mind for easy retrieval in any situation. So the idea of "cookbooks" within the philosophy has a fine pedigree.

What's \*in\* those "cookbooks" is a whole other on-going conversation 😊

As for [PD10](#) and the Letter to Menoikos, we've had an in-depth discussion on that over in that thread on the forum. I've never seen a contradiction between those two. My take is as follows:

1. Pleasure is pleasure.
2. All pleasures are good.
3. BUT. we choose and reject pleasures with an eye to their consequences.
4. There's nothing inherently wrong with enjoying a drink, sex, etc., See 1.
5. BUT the "profligate" try to overindulge those pleasures... Filling the cup after it's already full.
6. Thus leading to pain. See 3.
7. We don't judge the profligates' pleasure but we are within bounds to critique their choices and rejections if they're objectively resulting in pain in their lives.
8. Epicurus offers a way out of those unwise choices and rejections of the profligate.

I don't want to hijack this thread into a [PD10](#) discussion but felt it was ok to weigh in since it came up.

Looking forward to seeing where this thread goes.