

Managing Expectations In The Study of Epicurus

Post by “Don” of May 9, 2020 at 3:11 PM

I don't think that's off topic at all! By the way, well done here...

Quote

In other words, focusing on either feeling to the exclusion of the other leads to an unbalanced diet.

I liked that! 😊

It's always struck me that Epicureanism is a philosophy of personal responsibility. You are responsible for your choices and rejections. You are responsible for assessing the consequences of those actions. You are responsible for deciding what gives you pleasure and what gives you pain without harming others or letting them harm you. And so on. It's not an easy path but is one that provides for a lot of variation. We're not going to proscribe how to live your life. We can provide a framework and foundation around which you can build a life.