

# Can Emotions be Trusted?

Post by “Don” of October 7, 2020 at 11:23 AM

[Quote from Susan Hill](#)

So you could argue, the young are not good Epicureans, dispute their hedonism, because they lack experience in what will reliably and safely confer pleasure or pain.

And I think this is why Epicurus says in the Letter to Menoikeus that the one who is young can get the benefits of growing old by being fearless in looking ahead and weighing the consequences of their actions in the future, i.e., seeing themselves as being older.