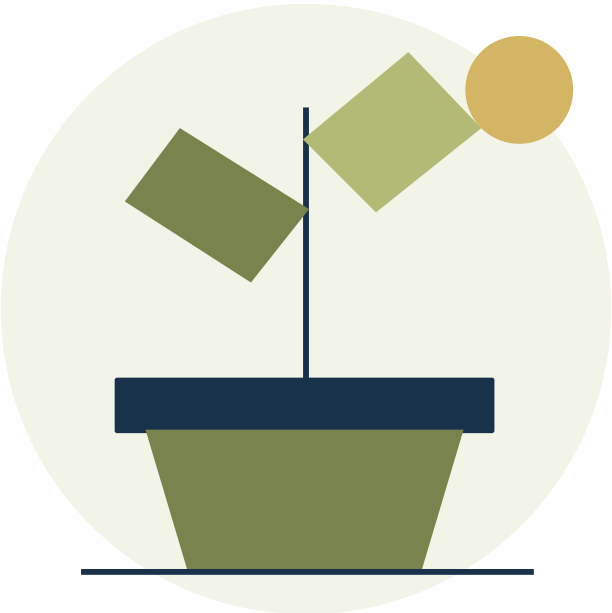
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Epicurus: The Art of Enough

READING EPICURUS



Explore pleasure, friendship and the difference between a need and an endless demand.

ILLUSTRATED IDEAS · ORDINARY SITUATIONS · QUESTIONS TO KEEP

ONE IDEA FOR AN ORDINARY DAY

Begin with the desire



Let the purpose tell you when there is enough.

Epicurus distinguishes desires that are natural and necessary, natural but not necessary, and neither natural nor necessary. The categories invite examination rather than a universal shopping list. Ask what a desire seeks and whether satisfying it would resolve a concrete need or enlarge a continuing demand. Context matters: an item unnecessary for one person may enable another person's work or care. The point is to understand the desire's role before making its urgency the reason to obey it.

A DISTINCTION TO KEEP

Categories are tools for inquiry, not verdicts on people.

READ ALONG

Letter to Menoeceus 127–128

TAKE THIS INTO YOUR DAY

What is this desire actually asking for?

Bring it into your day.

AN ORDINARY SITUATION

You want a costly meal after a tiring week. You notice that you need food, companionship and a break. A simpler meal with a friend may answer those needs without the financial pressure.

ADAPT

Your circumstances matter.

TRY IT TODAY

Choose one desire and name the need, enjoyment or social comparison it contains.

A question to carry

What is this desire actually asking for?

NOTICE	Describe the particular situation before judging it.
CHOOSE	What is one proportionate next action?
RETURN	What would tell you whether the change helped?