

How to live like an Epicurean: Ten maxims

1. Pleasure is the goal of living blessedly. (*LM* 128)
2. Refer each of your actions to the goal of nature. (*PD* XXV)
3. The limit of the magnitude of pleasures is the removal of all feeling of pain. (*PD* III)
4. Simple flavours provide a pleasure equal to that of an extravagant lifestyle when all pain from want is removed. (*LM* 130)
5. Of desires, some are natural and some are groundless. Of the natural desires, some are necessary and some are merely natural. Of the necessary desires, some are necessary for happiness, some for freeing the body from troubles, and some for life itself. (*LM* 127; *PD* XXIX)
6. Refer every choice and avoidance to the health of the body and the freedom of the soul from disturbance, since this is the goal of a blessed life. (*LM* 128)
7. It is impossible to live pleasantly without living prudently, honourably, and justly; and it is impossible to live prudently, honourably, and justly without living pleasantly. (*LM* 132; *PD* V)
8. Of the things which wisdom provides for the blessedness of one's whole life, by far the greatest is the possession of friendship. (*PD* XXVII)
9. All good and bad consists in sense-experience. (*LM* 124)
10. Death is nothing to us. (*LM* 124; *PD* II)

**LM = Letter to Menoecus; PD = The Principal Doctrines*