

EPICUREANISM

Meaning: Epicureanism is a philosophical doctrine that advocates for the pursuit of moderate pleasures and the cultivation of mental and spiritual well-being as the ultimate goal in life.

1. Epicureanism teaches that pleasure, particularly of the mind and spirit, is the highest good.
2. The philosophy of Epicureanism emphasizes the pursuit of modest pleasures to achieve tranquility.
3. Many modern interpretations of Epicureanism focus on mindfulness and enjoying life's simple joys.
4. In a world filled with excess, the principles of Epicureanism remind us to appreciate quality over quantity.
5. Epicureanism encourages individuals to cultivate friendships and knowledge as sources of genuine happiness.

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