

EPICURISM

Meaning: Epicurism is a philosophical doctrine that advocates for the pursuit of pleasure and the avoidance of pain as the ultimate goals in life.

1. Epicurism emphasizes the pursuit of pleasure and the avoidance of pain as the highest good in life.
2. Many philosophers have debated the principles of epicurism, arguing about the balance between indulgence and moderation.
3. In a world filled with distractions, practicing epicurism can help one focus on simple joys and meaningful experiences.
4. The rise of minimalism in modern culture aligns closely with the ideals of epicurism, promoting enjoyment of life's essentials.
5. Critics of epicurism often misunderstand its teachings, assuming it advocates for hedonism rather than thoughtful enjoyment.

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