

NPR Fresh Air: Dr. Anna Lembke on pleasure, pain, and addiction

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You're right I should probably say "accompaniments" rather than adverbs, but I would still maintain that they are manners of experiencing pleasure, (without pain and without disturbance) and don't really convey anything in themselves. Anytime we're talking "without" something I presume the main topic to be what's there in the first place, regardless of what might not be there at the same time.

And I do see this as part of the huge problem of people thinking that "painlessness" and "calmness" are worth pursuing in themselves. I see that as variations on the "virtue" problem, since as you know I think (and I think we both agree Epicurus thinks) pleasure alone can be considered worth pursuing in and of itself.