

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

Post by “Don” of August 28, 2021 at 7:14 AM

[Quote from Cassius](#)

I don't would say the better analogy would be like eating ice cream in an ice cream parlor vs in a jail cell vs in a war zone vs in a hospital etc.

I'm not sure I agree with your analogy. Pleasure and pain are the most basic categories of feelings. I think that's why Epicurus can say "the feelings are two." But within those two, if you drill down, you have joy, excitement, sorrow, calmness, boredom, anxiety, etc. All are words or divisions we give to degrees or types of pleasure and pain. Pleasure is "ice cream". Strawberry, Rocky Road, and vanilla are joy, excitement, and anticipation.

I have more thoughts on your other points. I'll get that posted asap.