

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

Post by "Don" of August 28, 2021 at 12:14 PM

## [Quote from Cassius](#)

Don also I think we have to take into account here also the "purity" or "pure pleasure" or "unalloyed" issue that is addressed in [PD12](#) and [PD14](#) and I think other places as well.

I don't think those PD's say what you're trying to make them say.

To my interpretation, [PD12](#) and its [ἀκεραίους τὰς ἡδονὰς](#) (akeraious tas hedonas) "pure pleasures" are simply pleasures experienced without the taint of fear. I think the Epicurus Wiki translation does a good of highlighting this: <http://wiki.epicurism.info/Principal Doctrine 12/>

## Quote

Thus, concludes Epicurus, the study of nature is necessary, for without an understanding of nature, it is quite impossible to enjoy one's pleasures unsullied by fear.

It's not the pleasures themselves that are "pure" it is the experience of pleasure that is pure. Without understanding nature and eliminating the fear of the gods, you can't experience pleasure without that nagging in the back of your mind of fear of the supernatural gods raining down punishments on your heads or being scared of lightning, thunder, earthquakes, etc. as some form of divine retribution.

And [PD14](#) doesn't talk about "pure pleasures" but the "truest safety" from other people. So, there's no purity of pleasure problem there. The "surest safety" is simply that which is free from anxiety or fear of harm from other people.

That's all I have time for now (sorry), but I have more thoughts on your other points. "Film at 11" 😊