

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

Post by “Don” of August 28, 2021 at 7:05 PM

Quote from Nikolsky

The two parts of the division about which Epicurus is speaking - απονια and αταραξια, on the one hand, and χαρα and ευφροσύνη, on the other - are not separate, mutually exclusive types of pleasures. According to Plutarch, who examines these concepts in Chapters 7 and 8 of his dialogue A Pleasant Life Impossible (1091a-1092d), the states of painlessness and tranquillity invariably bring about joy. This essential connection between the concepts mentioned by Epicurus compels us to view Epicurus' passage quoted by Diogenes Laertius not as a classification of pleasures but rather as a definition of two coexistent aspects of any pleasure: its passive aspect, i.e., a certain state of the body or the mind, and its active aspect manifesting itself in an emotional response of the soul.

I'm skimming [Nikolsky](#) and came across this passage. Is it me or do the "two coexistent aspects" sound somewhat like the arousal axis on the circumplex? I need to go back and read that more closely.