

# **An Epicurean Understanding of Pleasure**

**Post by “Kalosyni” of October 4, 2021 at 1:39 PM**

I'd be interested in any getting any feedback regarding this list:

An Epicurean Understanding of Pleasure

- 1) Do not pursue reckless or extravagant luxuries, but enjoy the occasional luxury should it happen to come your way.
- 2) Take action to eliminate bodily and mental pains, and enjoy the pleasure, tranquility, and peace of mind that comes as you eliminate hunger, thirst, fear, anxiety, stress, and boredom.
- 3) Study philosophy which leads to tranquility and peace of mind.
- 4) Cultivate and enjoy friendships with like-minded people.
- 5) Savor the sweetness of life as you pursue the fulfillment of life's natural desires, while neither causing harm to yourself or nor others.
- 6) Realize that at a certain point enjoyment comes to it's totality, and any additional pleasure is like "icing on a cake".