

An Epicurean Understanding of Pleasure

Post by "Godfrey" of October 5, 2021 at 1:18 AM

[Quote from Don](#)

***3. The idea of tranquility and peace of mind still appeals to me. I find it easier to appreciate pleasures with a tranquil mind, and, from my readings of the text, Epicurus backs this up. I recognize that tranquility isn't the goal, pleasure is. But tranquility/peace of mind makes appreciating pleasure much easier from my perspective.

I agree with this: well stated!