

# An Epicurean Understanding of Pleasure

**Post by “Don” of October 6, 2021 at 5:07 PM**

Personally, I think you're onto something with the short- vs long-term pleasure. Cassius may disagree. I've interpreted the Cyrenaic position to be "*always* pleasure in the moment" grab it *now*. Whereas Epicurus's philosophy was to make choices that would provide sustainable pleasure and the prospect that it would persist.

I wouldn't take on that skeptic label just yet 😊