

An Epicurean Understanding of Pleasure

Post by “Don” of October 6, 2021 at 5:54 PM

[Quote from Cassius](#)

"And just as with food he does not seek simply the larger share and nothing else, but rather the most pleasant, so he seeks to enjoy not the longest period of time, but the most pleasant."

Exactly. I interpret that "the most pleasant" with the idea of pleasure *over a period of time*. The *length* of time is not the focus; it's the *persistence* of pleasure over the time in question.