

An Epicurean Understanding of Pleasure

Post by "Godfrey" of October 7, 2021 at 2:56 PM

[Don](#) makes an excellent point!

Thinking out loud (as it were), pleasure is nothing more than one "side" of the faculty of feelings. That's it. It's a reflex and a guide. If the goal is a life of continuous pleasure, all that means is to continuously be aware of and be guided by your faculty of feelings. So wouldn't all the talk of duration, intensity, absence of pain and so forth really be misleading? At least it seems so in terms of daily living. Analyzing one's desires would be far more useful and effective in determining how to live pleurably. Continuous pleasure just means, at least in this line of reasoning, that one is living well by prudently choosing and fleeing from one's desires.