

Can you seek happiness and be full of joy when there is a war in Europe? Wes Cecil podcast.

Post by “Don” of May 18, 2022 at 11:46 AM

[Quote from Kalosyni](#)

our current modern cultural understanding of the word "pleasure" is very narrow.

I wonder if that's a problem with the word or with the current cultural understanding. Personally, I'd say the latter. For me, putting "pleasure" in the context of "pleasure/pain" is helpful in getting past the semantic baggage of conceiving "pleasure" as simply a "hedonistic" elated feeling. Pleasure encompasses everything we feel that isn't painful or causes us pain. "Simple" as that. 😊 That's why Epicurus could claim (and rightly from my perspective) that homeostasis and equilibrium are pleasurable.