

Pleasures of the soul, Values, Meaningful Life

Post by "Kalosyni" of June 20, 2022 at 9:41 AM

[Quote from Cassius](#)

Yes I think Don's answer applies in most cases in the last comment. But I am not sure it is a good idea for us to take the "everyone pursues pleasure whether they admit it or not" too far. Some people do seem to choose pain for the sake of pain, under the influence of warped thinking. EG - "I am a worm and I deserved to be squashed by God."

Not sure about the "worm deserving to be squashed" -- that sounds like someone who feels "guilty for their sins", which in my book is whole other issue coming out of Christianity.

There is the saying: "No pain, no gain":

From Wikipedia:

"No pain, no gain (or **"No gain without pain"**) is a proverb, used since the 1980s as an exercise motto that promises greater value rewards for the price of hard and even painful work. Under this conception competitive professionals, such as athletes and artists, are required to endure pain (physical suffering) and stress (mental/emotional suffering) to achieve professional excellence. Medical experts agree that the proverb is wrong for exercise."

And then from a mental side: "no growth without pain" and the belief that achieving success requires pain. This could occasionally be true. But what kind of success is this for anyway? "cutthroat marketing" or generating the highest profits, not for pleasure but for big money.

And this is all about an either/or -- either pleasure or pain -- which is incorrect because it leaves out the option of engaging in pleasureable exercise -- or pleasureable work which isn't focused on hugh profit.