

Do Pigs Value Katastematic Pleasure? (Summer 2022 K / K Discussion)

Post by “Kalosyni” of July 3, 2022 at 7:25 AM

I am really enjoying this thread!! (and I need to re-read from beginning to end, as may have missed reading a few entries). For me all of this discussion is the basis of well-being and happiness. And we can see what Epicurus may or may not have said. And we can also apply all of this in a practical way.

For example, yesterday I had a wonderful lunch with a good friend and I felt both very satisfied and also that I had eaten more than what I needed (and so felt overly full). But then not too much later after that, the idea of getting ice cream came to me, but I waited a few hours before getting some. The pleasure of the ice cream lasted only a short time, and then I felt too full again. So what was this craving, I wondered. Then I wondered if eating ice cream was a way to try to deal with any feelings of uncertainty, or was is boredom?

I have to say that for me, I am starting to see how eating just enough to relieve hunger provides a sense of well-being that "feels better" and "lasts longer" than eating when you aren't really hungry.