

# Another Article Insisting On The Importance of the Kinetic / Katestematic Distinction, Despite Citing Nikolsky

**Post by “Kalosyni” of July 7, 2022 at 3:48 PM**

Cassius, I see what you are saying, that you are saying that it looks like the Wikipedia article is saying that the goal of life is living a quiet and simple life and not doing anything fun.

Yet I was seeing the Wikipedia entry as encompassing a greater whole and including all pleasures, but I was wrong to assume that everyone else could see it that way as well - especially those who haven't studied as much will end up misunderstanding. So it is good that you explain this again. I see that I need to be more careful as to how I express this in the future, to make sure it is clearer.

From the Letter to Menoikeus: "Reflect on what brings happiness, because if you have that you have everything, but if not you will do everything to attain it."

Every pleasure is good, but if you are living in such a way as which causes you to often have a disturbed mind or causes you unnatural levels of physical pain, then your happiness will be very short lived.

And so now, for example, this would mean that anyone who wants to engage in politics or running for political office and while also adequately maintaining their sanity and their peace of mind is welcome to do so - in other words if they can live happily and enjoyably - then they would be following the wisdom of Epicurean philosophy. That's how I see it 😊