

# **[Toby Sherman's Ancient Guide To Modern Well-being] That article I mentioned at the on line Wednesday 8/17 meeting**

**Post by "Cassius" of August 18, 2022 at 7:18 AM**

Oooh I have to think that this statement on page 52 is going to produce very very very unwelcome results:

"Within Epicureanism, pain is the fundamental element - pleasure consists of the removal or the absence of pain."