

# **[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 7:21 AM**

And there we have in 8.2 the standard way to focus on pain as the main issue of life:

"8.2ii Kinetic and katastemic pleasure

The difference between mental and physical pleasures is not the only distinction drawn by Epicurus. Another, perhaps more important, is between pleasures that are active, kinetic, and static, katastemic.<sup>87</sup> Understanding the difference requires one to bear in mind that pleasures have value only with reference to pains and wants."