

## **[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 7:25 AM**

He is absolutely right here about "this" being the greatest obstacle to accepting the philosophy of Epicurus. If I thought "the final end is katastematic pleasure" I would reject Epicurus myself - but I don't think it is or that that there is any persuasive reason to believe this:

"Pleasures beyond the absence of pain

These, then, are the basic principles of the Epicurean theory of pleasure. The final end in life is katastemic pleasure, which is limited to the absence of pain in body and mind. This state of peace is dependent on having few or no unsatisfied desires. Immediately, a problem appears: it seems highly counter-intuitive to say that pleasure is limited at the absence of pain. This may be the greatest obstacle to accepting the philosophy of Epicurus."