

## **[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 8:02 AM**

Ok in Section 12 at the end he attempts to use Gosling and Taylor to take a nonstandard view of katastematic pleasure - redefining it to include "active" pleasures - which is not the way these terms are normally used. To go down that path would put an entirely different spin on everything he wrote beforehand.

He's right IMO to cite Gosling and Taylor that pleasure isn't pleasure unless it is experienced, but I would say he fails to make a convincing case that all this supports his ultimate view that the best way to pursue the best life is to limit every desire you possibly can.

This is a very intelligent article which I really glad Steve posted. It does an excellent job of framing a question on which it is important for Everyone to know where they stand.

Is pain the focus of life, and is the best approach to life that of reducing all your desires to an absolute minimum?

My interpretation of Epicurus leads me to conclude: No!