

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

**Post by “Kalosyni” of August 18, 2022 at 11:38 AM**

## [Quote from Cassius](#)

It's almost like the issue is whether the glass is half full or half empty - is the real focus of Epicurean philosophy Pleasure - or Pain?

I don't think it is satisfactory even to say both.

I think it is both pleasure and pain, because "choices and avoidances" are very important.