

# **[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 2:29 PM**

## [Quote from Don](#)

So, I have no problem with aspiring to living a life of pleasurable fulfillment and contentment. A mind untroubled by unfulfilled desires? Without nagging anxiety? Experiencing pleasure as it becomes available, varying my well-being? That sounds pretty good actually.

I think the issue presented in the article is probably fairly stated by asking something like:

And are you willing to embrace the idea of reducing your desires in every way possible, even cutting the "necessary" desires to a minimum, as the proper method of reaching a goal which is defined to be that of having zero desires which are unsatisfied? The implicit issue here is that you could have many more desires fulfilled if you seek them knowing that some of them may be unfulfilled.

Is the abolition of every possible pain so important to you that you would in fact voluntarily embrace life in a cave on bread and water so as to banish the possibility of experiencing the slightest pain?