

# New Christos Yapijakis Article: "The Philosophical Management of Stress"

Post by "Cassius" of January 6, 2023 at 4:23 PM

I note from the main article in the first post that the word "pleasure appears several times, but most frequently in general terms not referencing Epicurus, until here:

Quote

We underline that according to Epicurus: [...] prudence can maintain psychosomatic balance (eustatheia) by consciously choosing what brings happiness, namely by wise satisfaction of natural and necessary desires (which concern our instincts), by understanding the nature of our emotions as criteria of truth, and by wise selection of those pleasures that are useful and not harmful.<sup>92</sup>

I added the underlining.

Given our recent discussions, I wonder if Epicurus would agree that use of terms like "useful" and "harmful" as superior to "pleasurable" and "painful" is the most preferable way to discuss the pleasure / pain calculation of choices and avoidances. I tend to think not, but it will be interesting to see what others think about this formulation.