

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

**Post by "Don" of January 7, 2023 at 2:14 PM**

So, my interpretation has been that pleasure *\*is\** good but it's the *\*context\** within which that pleasure is experienced (and the personal responsibility we take for that context) that makes all the difference.

Ex., Drinking wine with friends is pleasurable.

Drinking wine to excess party after party is going to be... let's say less than optimal for your pleasurable existence.