

# **Pleasures of the Mind In Comparison To Pleasures of the Body**

**Post by “Don” of April 13, 2023 at 7:21 PM**

And along those lines, from my perspective the important distinction isn't mental and physical pleasures; it's pleasures that have their origin within ourselves (recollection, anticipation, freedom from anxiety, etc.) and those that have their origin external to ourselves (taking part in pleasurable activities)