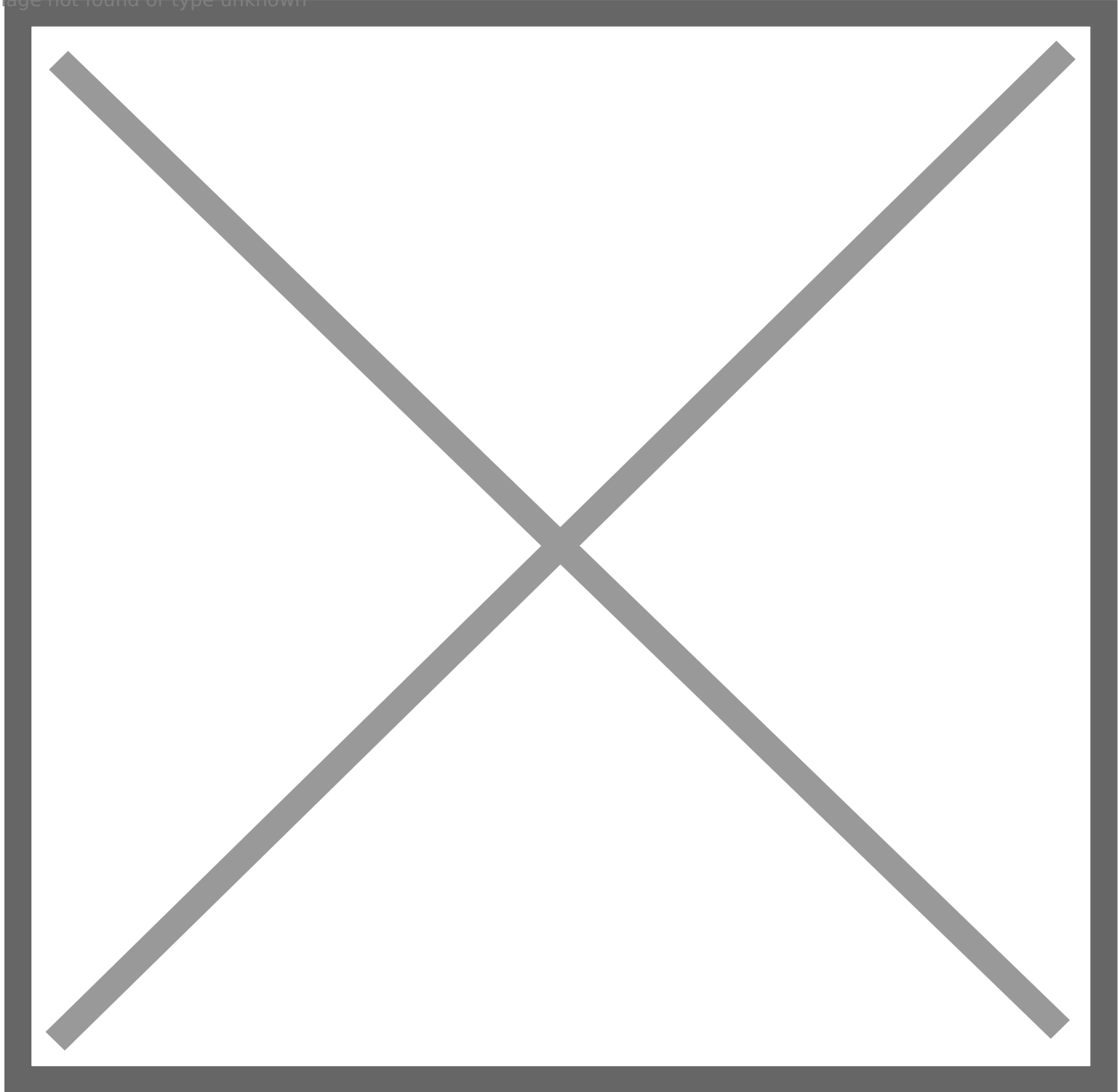


# Paul Bloom Dancing on the Head of a Pin

Post by "Don" of May 18, 2023 at 6:06 AM

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[Hedonism is overrated - to make the best of life there must be pain, says this Yale professor](#)

The most satisfying lives are those which involve challenge, fear and struggle, says psychologist Paul Bloom

[www.theguardian.com](http://www.theguardian.com)

This is an article - definitely not Epicurean! - by Paul Bloom that summarizes his recent book on the importance of suffering, challenge, and meaning in life. Pleasure isn't enough, he says.

<http://www.epicureanfriends.com/thread/3070-paul-bloom-dancing-on-the-head-of-a-pin/?postID=24012#post24012>

I have real problems with his general thesis and wordplay.

He keeps using words like satisfaction and dances around Epicurus's notion of a pleasurable life.

Quote from Bloom

I argue that we don't only seek pleasure, we also want to live meaningful lives- - and this involves willingly experiencing pain, anxiety, and struggle. We see value in chosen suffering.

But why do we "want meaningful lives"? Because we derive pleasure from that, I would say. Epicurus himself acknowledged that we will sometimes undertake pain for long-term pleasure. Bloom would call that "satisfaction" not pleasure. The Cambridge dictionary defines "satisfaction" as "a pleasant feeling that you get when you receive something you wanted, or when you have done something you wanted to do." Look at that! Pleasure!

So, I'd be curious to hear opinions from y'all.