

# "Absence Of Pain Is Pleasure" - How Would You Articulate That To Someone?

**Post by "Eoghan Gardiner" of November 16, 2023 at 4:14 PM**

Listened to a lecturer from about 10 years ago on Epicurus it gave me the idea of a prompt.

"Epicurean Philosophy teaches that absence of pain is pleasure"

"Ok, but isn't the goal of Epicureanism ataraxia and not pleasure? Also isn't the absence of pain just a tranquil state?"

How would you respond to someone like this?

For me all I could say is without a least some knowledge of the physics and canon it probably won't make sense.

Thinking about another reason I like Epicurean philosophy is that it is a full examination of reality, with Stoicism etc... it seems like they just pick a choose. For me that's unattractive, I want a view which encompasses all of reality not merely the ethical side, as at that stage it just becomes endless debate over which ethic is right with no answer. Anyway just a tangent.