

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

Post by "Pacatus" of November 17, 2023 at 3:01 PM

## [Quote from Cassius](#)

In that context I would say you want to explain the differing aspects of "Pleasure" as fully as possible in understandable everyday English without use of foreign or very technical words.

Agreed. And I think both your and Don's posts could be slightly altered and combined to use just English instead of words like atarxia, aponia, kinetic, katastematic and the like (using such as tranquility/serenity, bodily ease and health, active pursuit of pleasure and lingering/stable enjoyment, etc. - though those might not be the best: just a quick off-the-top-of-my-head).

Anyway, your post really triggered a kind of "Aha!" moment in me - slow and stubborn learner that I am! 😳 😊

(But I still think my pulley metaphor was pretty good ... 😊 )